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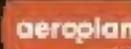
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Rental incentives all the rage

PROPERTIES

Free vacations, moving costs, a free month of rent — take your pick!

Lucie Edwardson
Metro | Calgary

It's a buyer's market — and those looking for new digs are being given plenty of incentives to rent around the city.

Taylor Didkowsky, a property manager for Kaleidoscope Holdings Ltd., said their company has been offering incentives as a way to compete.

"There is so much on the market right now with the condo conversions and what's going on with Jamieson Homes," he said. "A lot of the condos weren't able to sell so they've all become rental units. That's about 4,000 rental units this year alone — so competition is very stiff."

Didkowsky said Kaleidoscope is currently testing the waters with a few incentives to see what buyers like best, but said they have offered free weekend vacations to Vegas and Sunshine passes.

Christina Horne is currently shopping for a new apartment. She said the incentives have made it easier to find what she's looking for without compromising on location.

"If I see two listings in a similar area with similar layouts but one has a free month's rent or a reduced security deposit, that's definitely something I will keep in mind when making my decision," she said.

Horne said she was looking for a place this time last year, and said thanks to incentives she's been a lot pickier this time around.

Searches on RentFaster not only show many incentives being offered, but also compare rent month to month and year over year on average in the area of your search.

Kijiji ads for rental properties in Calgary are also easy to find with move-in bonuses or rental incentives.



Get moving, get shopping

A one-bedroom listed by Kaleidoscope Holdings Ltd. in Crescent Heights for \$1,075 a month is offering renters the opportunity to choose from four rental incentives: Five-month bus pass, Visa Gift Card for \$500, the moving services of two men and a truck (maximum of five hours), or a cheque for \$500 to treat yourself to whatever you want.



Upgrade your life'

The Rouleau Premium Apartments located in Mission and managed by Vertica Resident Services offers one- and two-bedroom apartments. They're currently offering an "Upgrade Your Life Promotion." The promotion is for those who sign a one-year lease and they will receive one month free, \$500 in Visa gift cards and \$500 security deposit.



One month of rent half-off, or free

Willow Green Estates property Management Company is offering first-month rent for free on one-, two- and three-bedroom apartments with a one-year lease, and the first month at half price for a six-month lease signing.



Laundry and parking

One- and two-bedroom apartments for rent in Marlhurst Apartments are being offered with a three-month loaded laundry card and three months of free surface parking as an incentive to rent.



Discounts and bonuses

One- and two-bedroom apartments are up for rent in the Beltline by property manager Sano Sante Real Estate Group. On offer: \$500 move-in bonuses as well as discounted security deposits on select suites.

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The chicken processing plant in Ramsay, now owned by Sofina. JENNIFER FRIESEN/FOR METRO

Lilydale mending community fences

RAMSAY

Chicken plant has lessened noise, smells, says resident

Helen Pike
Metro | Calgary

An urban chicken processing plant is pecking up the slack after years of uproar from Ramsay residents.

In 2011, the eclectic Calgary neighbourhood made headlines after 15 residents filed a lawsuit against Lilydale for the constant noises and smells coming out of its plant — which, according to residents nearby, has expanded several times since they moved in.

"The plant currently affects the community as a whole," said John Holt, volunteer president of the Ramsay Community Association.

Robin Tufts said the plant

has been his neighbour since he moved into the community, with his front door looking at the plant. He was one of the residents who filed a suit against the plant's owners.

Now, measures are being put in place as part of the suit settlement to address some of those noise and smell issues. An advisory committee between the community and company has been formed with the mandate of informing the neighbourhood with quarterly updates on plant activity.

"I'm really happy with what's happening," Tufts said. "It looks like the plant will be closing in the near future if the Green Line gets the OK and goes through ... that hasn't been finalized. These strategies are designed to make it that while Lilydale is still here ... we try to keep the communication open to make life better with them."

Tufts said the plant, now owned by Sofina, is in the process of implementing a number of mitigation initiatives

to help deal with community concerns. He said a new 10-foot sound barrier fence is going up in a few days to replace the original six-foot fence, which will help quiet the loud beeping noise trucks make as they back into the loading dock.

"They're also going to be rebuilding the noise barrier on top of the plant that surrounds the compressors and cooling stacks," Tufts said. He noted that noise is a 24-hour a day nuisance. "They've changed their whole plumbing system, what goes into city sewers, the awful bins ... and all of them have been moved inside instead of sitting outdoors."

Holt said the smell, a major sore spot for nearby residents, will be dealt with using a deodorizing spray — he described it like Febreeze.

One of the biggest wins, in Tufts opinion, is a direct line inside the plant that's monitored 24 hours a day.

Calls to Lilydale/Sofina were not returned by deadline.

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A rendering of the New Central Library. COURTESY CMLC

CEO mum on library timeline

DEVELOPMENT

Project could be ahead of schedule, under budget: Board

Helen Pike
Metro | Calgary

While construction is underway on the New Central Library, CEO Bill Ptacek is instructing his board on ways to ready the ship if doors are able to open earlier than expected.

The project, which according to board minutes could be ahead of schedule, and \$2-million under budget, is set to open in Q4 of 2018. But no one is quite willing to say, on the record, whether the building will be open sooner.

"Right now, as far as everything is concerned, it's still going to be in the latter part of 2018," Ptacek said. "What we're asking is, if the project moves along, there's any flexibility to have it happen sooner, we would be in favour of it — I don't think anyone's in a position to say that's going to happen, or could happen yet."

“ Right now, as far as everything is concerned, it's still going to be the latter part of 2018. Bill Ptacek

Ptacek is pushing to have it completed sooner, but noted there's a lot of contingencies there.

"If everything goes the way we're hoping, none of it will be new for us, because we're experimenting and working on it already," Ptacek said.

He noted the library is already sitting down to plan what the first six months of programming will look like in the new space.

"We're bringing in experts from around the city, and around North America, to add to it."

The nitty-gritty details, according to Ptacek, will be worked out long before move-in day.

Susan Veres, spokesperson for Calgary Municipal Land Corporation (CMLC), said the group is cautious to say if the project will be completed earlier than expected.

"Who knows what can happen," Veres said. "If the project were to finish ahead of schedule that would be a Herculean effort."

Construction for the library started in September 2015 and is projected at a cost of \$245 million. Vertical construction began March 2015 after the workers "topped off" the LRT encapsulation.

PRIVACY

U of C email called 'threatening' by some faculty

University of Calgary's provost is caught in a pickle after an email she sent to all faculty and senior leadership staff struck the wrong chord with professors.

The Canadian Association of University Teachers (CAUT), an independent national body, launched an investigation into University of Calgary's Enbridge Centre for Corporate Sustainability after allegations of breaches in academic freedom emerged in a news report. The allegations seemed to point to university

president Elizabeth Cannon, which created a stir in both faculty and student circles.

The university had already completed its "comprehensive independent review," which is available online. The review exonerated Elizabeth Cannon from any wrongdoing, but CAUT's review will continue and the group is set to step onto campus next week.

In an email, obtained by Metro, Provost Dru Marshall gives faculty information about the

CAUT investigation and its ad-hoc committee, expected to visit Calgary April 18 and 19 to interview interested faculty.

"CAUT is an external body that has no official standing on our campus, and is not bound by our policies, including those that protect privacy and confidentiality," read Marshall's email. "If you are contacted by members of the CAUT committee, you are under no obligation to participate in their investigation. Those of you who choose to participate

have the right to express your opinions."

Marshall told Metro she wasn't sure what the story was — all she did was send an email, and hasn't heard any qualms from faculty.

The email suggested faculty who participated in the investigation may not have their privacy protected by CAUT. But in another email responding to the letter, Len Findlay, chair of the ad hoc committee clarified the group is diligent in protecting privacy. HELEN PIKE/METRO

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Jani Red Gun scored a 23 on his Blackfoot app game. He says his dog Mini understands some Blackfoot. STEPHANIE JOE/FOR METRO

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Blackfoot language gets its own app

EDUCATION

Siksika youth can also learn about local culture, music

Stephanie Joe
For Metro | Calgary

Aboriginal heritage is being lost with every elder that passes, but Siksika youth can practice their Blackfoot language anywhere, instead of having to go back to the reserve to learn.

A Blackfoot Siksika language app was created by a U.S. company that's helping several tribes revitalize their languages. Thornton Media is owned by a First Nations man and one of the developers of the Blackfoot app, Vivian Ayoungman, went to him and said that Siksika Nation was ready to start its own app.

Jani Red Gun, a Siksika youth in the tourism administration program at the Uni-

versity of Calgary, currently knows some Blackfoot, but downloading a new Blackfoot language app allows him to broaden his vocabulary.

"I'm going to learn and practice more, and whenever I see my elders, I can speak Blackfoot and communicate from learning off the app," he said. "This is important to me because I don't have a whole lot of time to go and sit with the elders to learn the language."

The app has a game component to it and Red Gun said that having games will bring interest to younger generations to learn the language.

"This is neat because they've put the spoken word on the app," he said. "The images help interpret correctly what you're saying in Blackfoot."

The app contains 500 phrases and 29 categories, which are all written in Blackfoot and translated into English, according to Ayoungman, coordinator of the app content.

"We try not to use just words, because students that learn words are not speakers."

AVAILABILITY

The app is available for download in the iTunes store under Blackfoot, with a Siksika logo.

she said. "We want them to be able to say a whole sentence."

On top of being an interactive language app, there is a culture section for people to learn about Siksika culture, the kind of learning not offered in schools.

"It's a very loaded app," said Ayoungman. "It has a lot of information and people can sit for a long time and learn language, song and read about our history."

According to Ayoungman, the app offers a way for displaced Siksika youth to get to know their culture.

"There are Siksika youth all over this province in foster homes," she said. "They don't have access to speakers or to our history and through the app they can connect."

POLICE SERVICES

Deputy chief being investigated

Aaron Chatha
Metro | Calgary

Calgary police have confirmed to Metro that the chief of police knew Sat Parhar was under investigation by the Alberta Serious Incident Response Team when he was promoted to deputy chief.

Parhar is under investiga-

tion for allegations of impropriety. CPS spokesperson Kevin Brookwell said it was a procedural matter under the Police Act, not a criminal allegation.

"Yes the chief was aware of it," said Brookwell. "When you weigh that allegation and what the allegation is about with the service that then Superintendent Parhar had given to the service, and his

exemplary career, the chief was satisfied that it would have no bearing on his ability to perform at the next rank."

Brookwell stressed the allegation has not been proven, and if the investigation comes back and there is merit to it, the chief has a variety of disciplinary actions at his disposal — from counselling to potential demotion or termination.

Senior couple injured in home invasion

SOUTHEAST CALGARY

Police say the assault was 'unusual'

Stephanie Joe
For Metro | Calgary

Two elderly Calgarians are in hospital after a vicious attack during a southeast Calgary

home invasion early Wednesday.

Police were called at approximately 12:05 a.m., after a man forced entry through a back door to the couple's home in the 1500 block of 49 Street SE.

The suspect then found the couple asleep in their room, woke them and demanded money. He assaulted both of them before fleeing the residence.

Acting Staff Sgt. Lon Brewster said at a press conference Wednesday that they have a special unit that focuses on elder abuse crime, however they don't have any indication that they need to be called in at this time.

"I think it's purely a matter of this was the house that this person chose on that day," said Brewster. "It's unfortunate that this couple were the victims."

Nothing appears to have been

stolen at this time and police have yet to determine if the offence was random or targeted.

"It's unusual that we have somebody enter a house in the middle of the night and commit an assault of this nature," said Brewster. "It doesn't happen that often."

The victims, a man in his 70s and a woman in her 60s, were transported to a hospital where they are being treated for serious head injuries caused by

an object. They're now in stable condition, according to CPS.

"Our investigators haven't had a chance to talk with them yet because our concern right now is their health," said Brewster. Brewster said that the best line of action to prevent break ins is to keep doors locked and to have some sort of security system to deter potential thieves. If any suspicious nature is noted, it's better to call into CPS to make sure, he said.

+ SUSPECT

The suspect has been described as between 25-35 years old with a heavy build. He was wearing a hood and ski mask. Anyone with information is asked to call the CPS Robbery Unit at 403-428-8787 or the non-emergency line at 403-266-1234.



David Stephan and Collet Stephan are charged with failing to provide the necessities of life for their 19-month-old son, who died of meningitis. DAVID ROSSITER/THE CANADIAN PRESS

COURT

Crown focuses on father's reactions

A father who used natural remedies to treat his son before the toddler died of meningitis expressed a strong distrust of individuals in authority during cross-examination at his trial Wednesday.

David Stephan, 32, is charged along with his wife, Collet, 35, with failing to provide the necessities of life for 19-month-old Ezekiel in 2012.

Ezekiel, who had been given smoothies with hot peppers and horseradish when he became ill, stopped breathing and later died in hospital.

The Crown asked Stephan under cross-examination why he hadn't told doctors at the Alberta Children's Hospital, social workers or the RCMP that Ezekiel had shown signs of improvement from what the Stephens believed to be croup that allowed him to go to church and attend preschool before having his condition drop off again.

"The fact that they were there to talk to you — you were concerned they were going to take Ezra (older son) away, right?" asked prosecutor Clayton Giles.

"You know what my main concern was at that point? It was the idea that they might

think we were negligent parents if they found out that we didn't put Ezekiel in a car seat. I felt that it would be one strike," Stephan replied.

"I didn't feel that our lack of communication of that to the doctors or whoever it was would bring them to the opinion that we were neglectful as parents."

The Crown contends the couple didn't do enough to ensure the child had proper access to medical care before he became seriously ill.

Stephan said he was also concerned an RCMP officer wanted a statement, even though the doctor had warned an investigation was normal in cases involving a child's death. The officer gave the couple the option of waiting until the next day, but Stephan said they refused.

"I think it would be extremely hard to get any rest with the fear of knowing that in the morning you're waking up to needing to meet with the RCMP about a situation that's just escalated from child protection services to all of a sudden there's numerous police officers that are waiting around," Stephan said.

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MOUNT ROYAL UNIVERSITY
Interim provost named



Helen Pike
Metro | Calgary

Mount Royal University is on a national search to fill the institution's suddenly vacant role for provost and vice-president academic, but have appointed someone to an interim role.

On March 28, Kathy Shailler, provost and vice president academic, left her position at Mount Royal University. A memo was sent out on the school holiday thanking her for years of service. This came just days after the faculty association sounded an alarm on what they described as "budgetary cuts" coming from the provost's office.

MRU President David Docherty wasn't able to comment on the "confidential personnel matter" at the time, but noted her abrupt departure had nothing to do with the budgetary planning.

At the time, faculty said they often butted heads with Shailler, who had brought forward the controversial code of conduct and a failed academic plan.

On Wednesday, the school announced Jeffrey Goldberg would be serving as the interim acting provost and vice-president effective immediately. He's served as the Dean of the Faculty of Science and Technology for five years at the university.

"We know Dr. Goldberg to be a leader of the highest character," said Docherty, in a prepared release.

"He is a proven administrator, an accomplished academic and the right person to carry out the academic mission of the University in the near term."

Bill 9 softens penalties

JUSTICE

Legislation gives vehicle registrars more authority



Jeremy Simes

For Metro | Calgary

New legislation would terminate warrants and jail time for minor infractions — like failing to prove payment for your CTrain ticket — to save money and keep the province's most vulnerable from the justice system's "revolving door."

Justice Minister Kathleen Ganley tabled Bill 9 — the Act to Modernize Enforcement of

Provincial Offences — in the legislature Wednesday.

The bill outlines amendments that the government hopes will let police and the courts make better use of their time, keep minor offenders out of prison and let vehicle registries use restrictions to enforce overdue fines for things like bylaw infractions, as long as the infraction is \$1,000 or less.

Ganley said the legislation will better "catch" offenders as more than 97 per cent of Albertans use registry services.

"Vulnerable people often end up in jail for something as small as not paying for transit or similar fines. Landing in jail further perpetuates a cycle of incarceration and poverty, which certainly does not create safer communities," Ganley

said. "We must work to stop the revolving door of poverty and incarceration. Jailing people for being poor helps no one and harms all Albertans."

She said the amendments would create close to \$1 million in savings annually as resources spent on minor-offence warrants consume thousands of hours. Court clerks, for example, spend 9,000 hours annually on warrants.

Currently, when people are ticketed for minor, non motor-vehicle infractions — and don't attend court or pay the fine by the due date — a warrant is issued for their arrest. There are now 187,000 outstanding warrants in Alberta, where half of those are relatively minor offences, Ganley said.

The new legislation will en-



Justice Minister Kathleen Ganley. CONTRIBUTED

force infractions the same way that traffic offences are applied currently. If violators don't pay the fine and late payment penalties, the fine will be implemented through civil enforcement measures. However, it won't affect people renewing

drivers licenses.

Vehicle registries will be able to collect overdue fines and, for people who don't own a vehicle, other enforcement mechanisms — like filing writs against property, garnisheeing wages, bank accounts, income tax refunds and GST rebates — will be used.

About 2,000 people are jailed annually for minor offences, spending nearly three days in jail at a cost of \$800,250 in total. However, warrants can still be issued if it's in the public interest.

E-ticket measures will also be implemented, eliminating the need for officers to go under oath when they take copies of tickets to court — tickets will be deemed "under oath" when they file them electronically to court.



BERMUDA SHORTS DAY END-OF-CLASSES CELEBRATION Shanice Govia, left, Chelsea Durling and Nicole Jervis, all University of Calgary students, wait to get into the Bermuda Shorts Day (BSD) concert area on campus on Wednesday. BSD is a yearly end-of-classes celebration. The first was held in 1960. KENNETH APPLEYARD/FOR METRO

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Budget 2016: What we're looking for

 **Jeremy Simes**
For Metro | Calgary

Finance Minister Joe Ceci is stowing away his late father's work boots for a fresh pair. He's got a lot of work to do.

As the province tables its budget Thursday — projected to be more than \$10.4 billion in the red — Albertans will be keen to see how the government gets out of its financial mess.

"A \$10.4-billion deficit is serious, but it's manageable," Ceci said, after posing with the new boots, per tradition.

During Premier Rachel Notley's TV address last week, she revealed this year's resource revenue will total \$1.4 billion, \$8 billion less than the \$9 billion the province incurred during the 2014-15 fiscal year.

There's been talk about what the government will do — for example, spend \$500 million more on seniors housing and boost midwifery care.

However, opposition parties say they hope the government addresses many of their unanswered questions.

WITH FILES FROM THE CANADIAN PRESS



Green Line

The province's expected \$1.5 billion for the city's Green Line transit project was absent from its October budget, though Mayor Naheed Nenshi has said he needs answers for Green Line funding by fall.

The federal government's recent infrastructure funding announcement for the provinces may also give the project a boost.

The province has said \$4.4 billion is available in infrastructure and, if the city pushes hard enough, it will likely see a good chunk, according to Green Line proponents.



Mental health funding for students

Calgary post-secondary students are hoping for a boost in mental-health funding, as the \$10.5 million they received in 2013 will run dry.

Advanced Education Minister Marlin Schmidt has indicated there's still some question marks about where the money will come from.

As for overall mental health, advocates are hoping to see more recommendations within the Mental Health Review implemented as patients navigate what they say is a fragmented system.



Carbon tax details

Opposition parties have slammed the NDP for not including details of its new carbon tax, which was part of the government's Climate Leadership Program.

The tax is set to begin Jan. 1, 2017, and will provide incentives to go greener by increasing the cost of everything from gas at the pumps to home heating and electricity.

Notley has touted the need for the province to diversify the economy by not heavily relying on oil and gas revenues and by getting pipelines to tidewater.



Health spending cutbacks

The government has emphasized it won't cut front-line care to balance the books, though Health Minister Sarah Hoffman has said the province must curb the growth of health-care spending.

Alberta Health Services said no department would be spared when it reduces health care spending growth to 2.8 per cent from six per cent.

The government is also reviewing all agencies, boards and commissions — which includes AHS — to find savings.

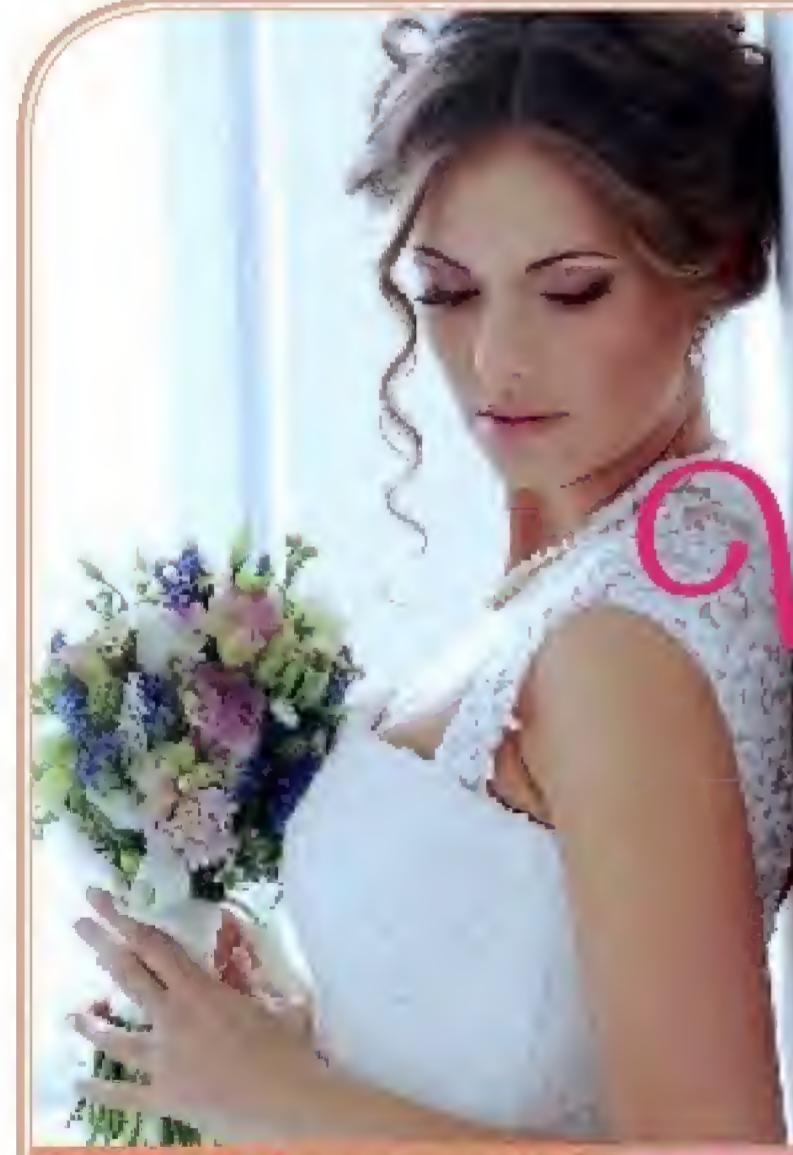


Job incentives

Earlier this week, the government axed its signature job-creation program, which planned to create 27,000 new jobs a year through 2017 by paying a portion of the salary for new hires by eligible employees.

Economic Development Minister Deron Bilous said the government will introduce several new programs when it tables the budget Thursday.

He also announced that \$10 million in new funding will be provided to business incubators known as Innovate Calgary and TEC Edmonton.



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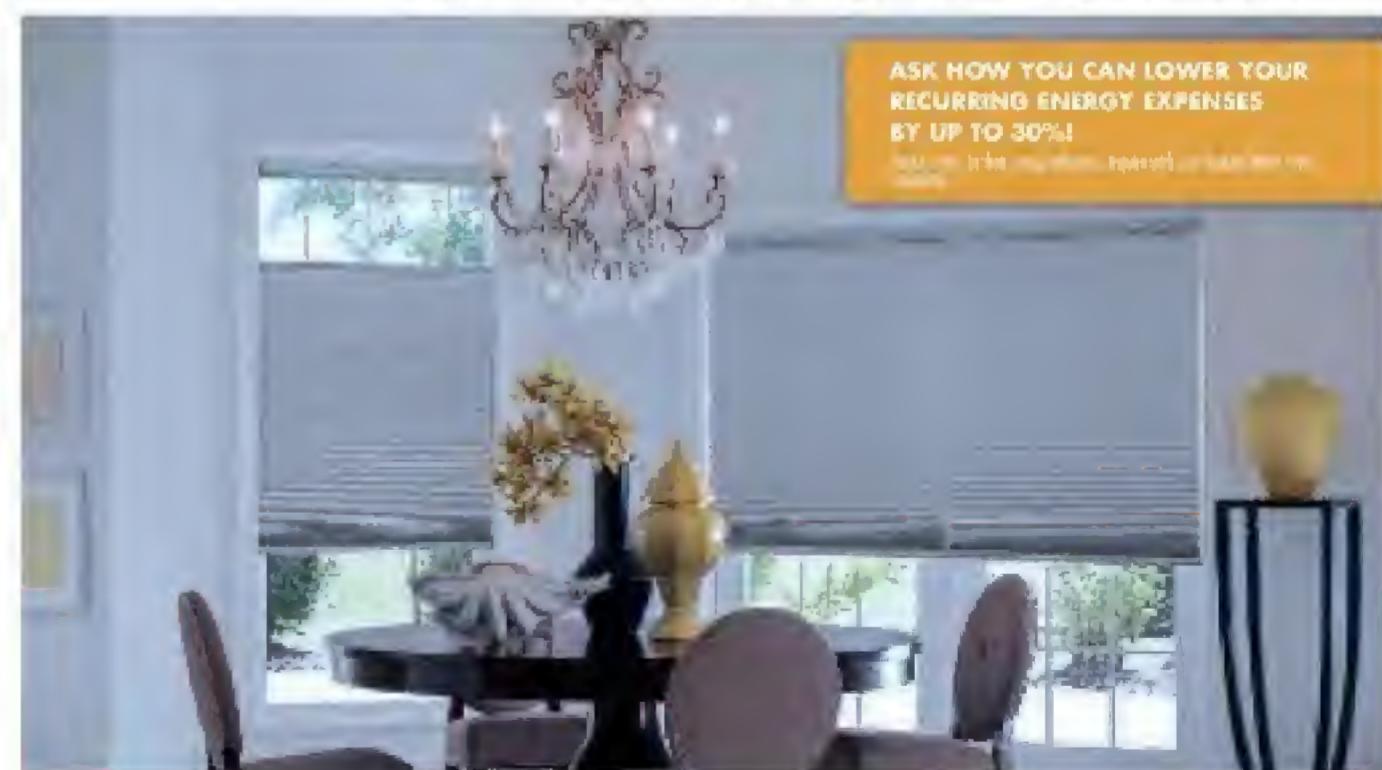
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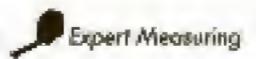
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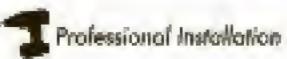
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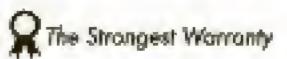
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HUDSON'S BAY

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New brew pub coming to 17th Ave.

MICROBREWERY

Trolley Five slated to open in former Melrose space



Jeremy Simes

For Metro | Calgary

Bernie Tsu's dream has bubbled into a reality.

Tsu, a long-time restaurant connoisseur, is transforming the remaining portion of the former Melrose Cafe and Bar space into a microbrewery and restaurant.

Called Trolley Five, Tsu said his brew pub will be a triple-decker experience that's about good food, good beer and community.

"I wouldn't say it's a pub style, it's definitely a step up

from a pub," he said. "We'll be doing a lot of smoking and barbecuing. When we talk about food, we talk about global comfort food."

It's the latest brew pub announcing its opening along the popular strip — Mill Street Brewery is slated to set up shop in the next few months, taking over the former Republik space.

Along with Craft Beer Market owner PJ L'Heureux and Melrose owner Wayne Leong, Tsu ventured to Portland, Ore., for inspiration, finding dads with a baby in one arm and a pint in the other. Moms, too, park their strollers and go for beer dates, Tsu said.

"We really wanted our focus to be like that: About family," he said. "It only made sense for us to finish off our dream and brew our own."

Trolley Five's beer tanks will be in the basement, though viewable from the main floor.

Hanging from the ceiling, growlers will also circulate the restaurant as if they were on a dry cleaning rack. Windows on the main floor will also open, making room for a patio during warmer days and evenings.

A little bit of Melrose will also remain — the existing roof beams will be utilized.

Tsu said the beers — two seasonal and six regular — will be creative and bold. Trolley Five also intends to work with other local businesses, sourcing ingredients from nearby producers and farmers.

According to Tsu, the other half of Melrose — formerly occupied by Corbeaux Bakeshop — has been purchased by the Teatro Group, though the company couldn't confirm the purchase after Metro made repeated calls.

Tsu said Trolley Five anticipates opening June 15.



Bernie Tsu hopes to bring the feel-good vibes of Portland to Calgary. JENNIFER FRIESEN/FOR METRO

DEVELOPMENT

\$500M project breaks ground in East Village neighbourhood

Ground has broken on the construction of two residential towers going up in the East Village — together a \$500 million development.

The towers will occupy a full city block, with more than 500 condominiums and a 188,000 square feet of retail space at the street level.

The project is a partner-

ship between the Calgary Municipal Land Corporation, RioCan and Embassy BOSA.

"We are fortunate to have the opportunity to be involved in the revitalization of this growing neighbourhood in Calgary's East Village, and we believe that 5th & Third, anchored by a Loblaws City Market and Shoppers Drug Mart, will be a gathering place for the community," said Edward Sonshine, Chief Executive Officer of RioCan, in a release.

Planners hope the East Village revitalization project will be complete by 2027, at which point it's expected to be home to more than 11,500 residents. METRO



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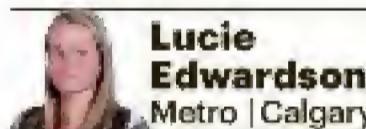


According to Insp. Steven Barlow, of the approximately 1,200 complaints received a year against officers, 90 per cent of them are resolved informally. METRO FILE

Complaints tough on officers: Official

POLICE

Having one can slow down their career trajectory



Having an ongoing complaint open against you can be hard on a police officer, according to Howard Burns, president of the Calgary Police Association.

"For some of our members it is really tough because their careers are in limbo for two or three years," he said. "I've seen situations where officers under investigation — not convicted of anything — have been held

back from promotion."

Burns echoed Insp. Steven Barlow's thoughts about criminal investigations taking precedent, and said getting public complaints is part of being a police officer.

"You're going to get complaints as a police officer and it's mandated they be investigated, so even if there is clearly no merit to the complaint it still has to go through the process," he said.

Barlow said of the approximately 1,200 complaints received a year against officers, 90 per cent of them are resolved informally or with a mediator and no investigation is needed, not going to a formal complaint process.

He said while officers have a complaint against them, CPS will weigh the severity and might move the officer to ad-

287

In 2015 there were 287 complaints filed against CPS, 84 of which remain open. In 2014 there were 236 complaints filed against CPS officers, 63 remain open.

ministrative duties, allow them to continue doing their job, and in extreme cases they're relieved from their duties.

According to Burns, the shortfall in the system is how in the loop the officer in question is during the process.

"I don't think the officers are kept up to date as to the status of their investigation as regularly as they could be and perhaps should be," he said.

IN BRIEF

CRIME

Crews battle garage fires
Calgary fire crews were called to the 3900 block of 14 Ave. NE for reports of a garage fire on Wednesday.

Firefighters found a fully involved shed fire with flames spreading to garages on either side.

Four people were evacuated and fire crews quickly brought the fire under control. Damage to the shed and two garages was extensive.

No injuries were reported. METRO

Police seize guns, drugs and cars from acreage

Guns, drugs and stolen vehicles — a seizure from an acreage northeast of Calgary resulted in three arrests and thousands of dollars in recovered property.

At about 5 a.m. on April 12, District 5 Operations Team members and RCMP members raided a 12-acre property east of Airdrie.

The 12-hour search resulted in the seizure of eight vehicles, including cars, motorcycles and a cargo trailer.

Police also seized a .22 cali-

bre rifle, ammunition, and various amounts of marijuana, heroin and crystal meth.

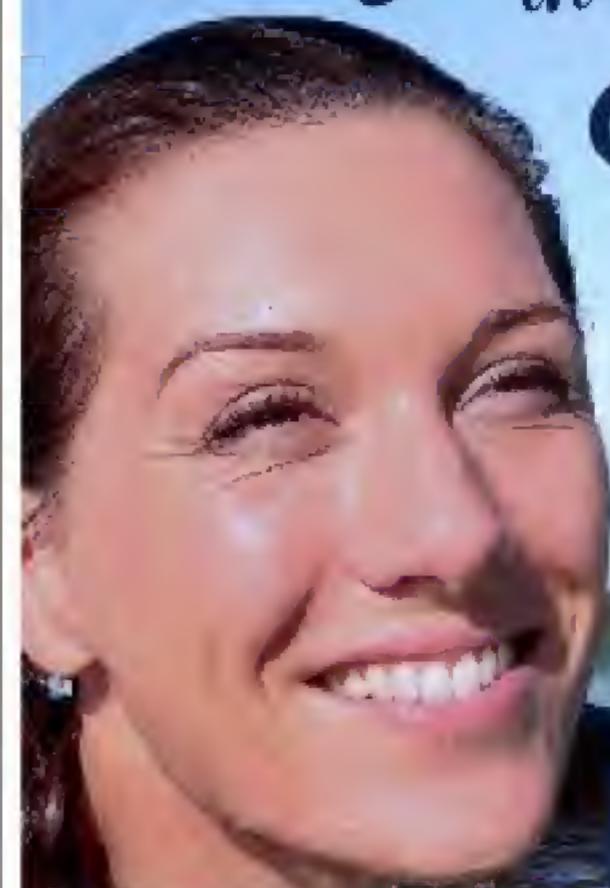
It's believed the property was used to store stolen goods from Calgary and surrounding areas.

Airdrie officials deemed the property uninhabitable.

David Jonathan Brazeau, 26, of Airdrie, has been charged, along with Justin Christopher Paquette, 25, and Matthew Brandon Cooke, 26, both of Calgary.

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Corkscrew Media got a nod for its National Music Centre commercial. COURTESY CORKSCREW MEDIA

Adverts: The art of 30-second stories

MEDIA

Local creators nominated for Rosie Awards

 **Aaron Chatha**
Metro | Calgary

Brent Kawchuk had 30 seconds in December to tell the story of a building, in a way that would engage an audience about to see the new Star Wars film.

"And all we had was construction footage," he recalled.

It was a tall order, but the 30-second spot for Calgary's National Music Centre not only grabbed the attention of audiences — but it also won Kawchuk and his company, Corkscrew Media, a Rosie Award nomination Wednesday for Best TV Commercial Under \$50K.

The Rosie Awards celebrate excellence in Alberta film, from movies and documentaries, all the way to commercials.

Kawchuk said making commercials comes with its own unique challenges. In the case of the National Music Centre spot, they only had about a night to film in an area where everyone had to wear hard hats and steel-toe boots.

His team focused on the scaffolding and construction and thought, what would the building sound like if it was a piece of music? Their music director came up with a quick tune that sounds like pipes banging, with a heavy guitar riff over top. Then they put the music director in the commercial.

"We put him in various parts of the building, playing, so you have something to focus on and listen to, while we had text and voiceover about the National Music Centre," he explained.

The commercial ended with the tag line, "Imagine how good we're going to sound."

Landmark Cinemas donated space to the National Music Centre in front of its Decem-

+ RESULTS

The Rosie Award winners will be announced May 7.

ber movies for the spot.

With only 30 seconds to fill, numerous stakeholders who have to approve the ideas and a goal to not only give the appropriate information but also give it in a way that will stick with an audience, creating commercials can be an underappreciated art.

Another nominee in the same category, Brian Vos of Jump Studios, created a commercial for a window company. It featured a person so in love with their window, they were caught caressing it.

"You need to be really judicious with the shots you select," he said. "It's all visual play. Preplanning and really tight storyboarding and knowing where you need to be within 30 seconds so the audience gets it."

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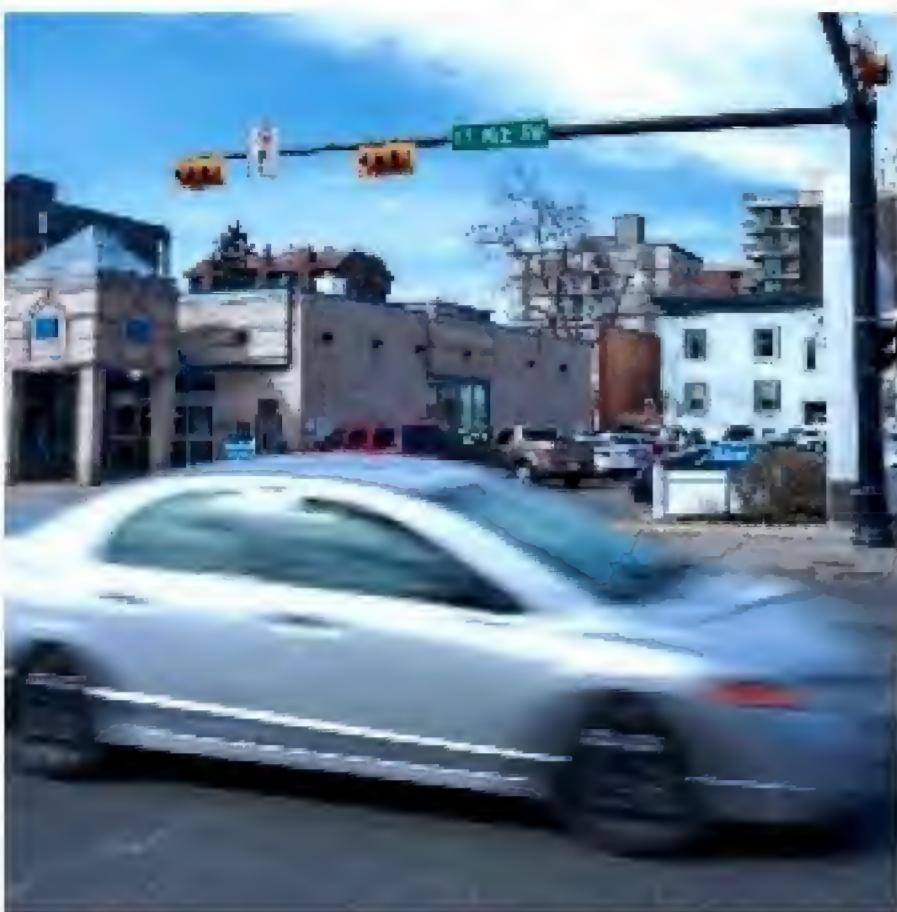
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17th Avenue is one of Calgary's hot spots for patios during the summer months, but the outdoor fun can be ruined by loud vehicles. Calgary police will be all ears for noise complaints this coming season. KENNETH APPLEBY / FOR METRO

Hey – keep it down out there, folks

LAW

Police ready to crack down on noise pollution on the streets

Kenneth Appleby
For Metro | Calgary

Calgary police say they are ready to take on noise complaints this summer.

Patios are back and to the dissatisfaction of some, so are the thunderous motorcycles and other loud vehicles.

"Every year we will get several complaints and it will be for the same sort of thing," said Staff Sgt. Paul Stacey, of the CPS traffic unit. "We will go out there and blanket an area and conduct our enforcement."

Last year the police bought sound decibel meters and deployed them last year giving warnings and letting loud motorists know tickets will be coming.

They'll be using the me-

ters to nab drivers of excessively loud vehicles targeting areas — like 17th Avenue SW — where excessive noise complaints are common.

CPS enforces the law by taking an ambient sound reading.

They do this because every area is different and ambient sound can change.

Stacey said an area like the downtown core will have a higher ambient decibel reading than, say, a country road.

If an officer finds someone is producing excessive noise they can either give a warning, or a ticket. The ticket hits the pocketbook to the tune of \$155.

Currently CPS only has two portable decibel meters, but Stacey says it's enough.

"We've got a team of officers that take them out and monitor the traffic and they write tickets accordingly," said Stacey.

Right now CPS uses the provincial traffic code to enforce excessive noise. In the past they used Calgary bylaws but Stacey said those don't exist anymore.

Every year we will get several complaints and it will be for the same sort of thing. We will go out there and blanket an area.

Staff Sgt. Paul Stacey, of the CPS traffic unit

COURTS

Vader late to show up for his murder trial

A judge will review bail conditions for a man who has been late four times for his murder trial in the deaths of two Alberta seniors.

A lawyer for Travis Vader told court Wednesday morning that his client was a half hour behind because a vehicle he was using was "borrowed by someone else and not returned."

"I apologize," Brian Beresh told the court.

Vader has been tardy three times before — he twice told court he had vehicle trouble and

once said he slept in.

Justice Deny Thomas warned Vader last week not to be late again.

Thomas ordered Vader to appear later Wednesday before another judge for the bail review. Justice Paul Belzil heard some evidence on the bail issue, under a publication ban, then put over the review until Friday.

Vader, 44, has pleaded not guilty to first-degree murder in the deaths of Lyle and Marie McCann, great-grandparents in

their late 70s, who vanished on a camping trip in July 2010.

They were last seen fuelling up their motorhome in their hometown of St. Albert, a bedroom community north of Edmonton, as they headed out for British Columbia.

The trial, now in its sixth week, heard Wednesday from Vader's ex-girlfriend Amber Williams. She and Vader "constantly" did methamphetamine together, but broke up in late June 2010, she said.

Williams testified Vader sent her phone texts from an unknown number on the afternoon of July 3, the day the McCanns were last seen. Court previously heard the unknown number was the seniors' cellphone.

Crown experts earlier testified that DNA matching Vader's was found in the couple's SUV in four places: a can of Boxer beer, a blood smear on the vehicle's centre console, the steering wheel and in blood on a passenger seat. THE CANADIAN PRESS

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Canada more unequal for kids: UNICEF

Among the world's rich countries, Canada is one of the more unequal societies for children, according to a new UNICEF report on the well-being of young people.

"In the international Olympics of child well-being, there isn't much to celebrate," UNICEF Canada said in a companion analysis released Thursday.

David Morley, president and CEO of UNICEF Canada, told *Torstar News Service* "we need to make some investments" because "if we make things better for our poorest children, it makes them better for our society and builds the kind of society we want to think we are."

The global report, UNICEF's Report Card 13: Fairness for Children, focused on what is called "bottom-end inequality" — how far the poorest children are allowed to fall behind the average of their peers.

It looked at the difference in four key areas — income, health, education and life satisfaction — between those children at the bottom 10 per cent of family income and those in the middle.

In 2013, Canada ranked 17th out of 29 affluent countries. In this latest study, Canada is 26th out of 35 nations.

"Canada is one of the more unequal societies for

KEY FINDINGS

Most areas of child well-being showed no improvement in Canada over the last decade.

The poorest children in Canada have family incomes 53 per cent lower than the average child.

Boys and girls are "differently" unequal, with boys more likely to fall behind in education, girls more likely to fall behind in health and life satisfaction.

children," said the UNICEF Canada report titled Fairness for Children: Canada's Challenge. "The growing gaps suggest that life is becoming more difficult for the most excluded children as social inequality has widened."

Alarmingly, Canada has one of the highest proportions of children reporting very low life satisfaction, which is associated with poor mental health and risky behaviour.

For indigenous and racialized communities, especially, there is a sense of "being beyond the fringe, not even on the fringes," Morley said.

TORSTAR NEWS SERVICE

POLITICS

Ontario Tory MPP already in hot water over racy joke

Pressure is mounting on Ontario Progressive Conservative Leader Patrick Brown to discipline Jack McLaren after the controversial MPP was forced to remove fake testimonials from his official website.

McLaren, who had to apologize last week after he humiliated a female Liberal MP with a sexual joke at a cancer fundraising dinner in Carp, Ont., is in trouble again.

The Ottawa Citizen discovered the Carleton-Mississippi Mills MPP had adorned his official website with praise from phoney "constituents."

"Thanks for everything you did to help me resolve my problem with the Ministry of Transportation," said "Darren" from Mississippi Mills, beside his supposed photograph.

But the Citizen found "Darren" is actually Sam Muirhead, a New Zealand-born software developer who lives in Berlin.

Muirhead told the newspaper "unless I have a secret evil Canadian twin, Darren does not exist."

There was also a discrepancy over "Scott" from Almonte, Ont.

"Thank you for getting my OHIP card. After trying myself,



PC MPP Jack McLaren is pursued by reporters on Wednesday. TORSTAR NEWS SERVICE

for a year and a half, I was ready to give up," he said on McLaren's website.

However, the photo of "Scott" was taken by a photographer in the Netherlands and has been swirling around the Internet for almost a decade.

After the story was published Tuesday, a new message popped up on the Tory MPP's website: "Disclaimer: In order to maintain the privacy of constituents, stock photos and generic names

have been used."

Hours later, the offending page was removed and McLaren issued a terse apology.

"While this was not intended to be misleading, I recognize that it was improper," the MPP said in a statement Wednesday. "I apologize and have asked for the content to be removed immediately."

His entire MPP's website was then taken offline.

Brown had yet to discuss the

newest problem with the gaffe-prone member.

"I will weigh my options once I gather all the details. This has come out rather quickly, and I'm going to do my due diligence," said the Tory leader.

Conservatives at Queen's Park were abuzz over McLaren.

"Patrick needs to do something. This hurts us all," said one senior PC official, speaking on condition of anonymity.

TORSTAR NEWS SERVICE

Bio ink in a whole new light



Assistant professor Keekyong Kim, left, examines a tissue sample with UBC research student Zongjie Wang. CONTRIBUTED

Tereza Verenca
For Metro | Vancouver

Biological 3D printing just got a whole lot safer, thanks to a group of UBC researchers.

Keekyong Kim, an assistant professor of engineering at UBC's Okanagan campus, has developed a new type of "bio-ink" used in the 3D printing of tissues.

During stereo lithography — a 3D printing process that allows for the creation of materials on a layer-by-layer basis — cells are combined with biological ink. It then transforms into a bulkier gel-like material called "hydrogel" when exposed to light.

That gel acts like a scaffold, allowing the bone or tissues to regenerate in the desired shape.

But rather than use traditional UV light, Kim has created a new compound that reacts with conventional light — the stuff that comes out of a light projector bought from Walmart.

"UV light has been used for a long time, but it does DNA damage and causes cancer," he told *Metro* during a phone interview. "By developing our

We can create bone, cartilage and tissue without the risk that we will make the cells sick.
Keekyong Kim

own bio ink, we can create bone, cartilage and tissue without the risk that we will make the cells sick in the development process."

Not only is the medical tissue safer, Kim added, it's also less expensive to make when compared to its UV-based counterpart.

"It's like 10 times cheaper," he said.

MIDDLE EAST

Syrian aid secrecy needed: Minister

Keeping secret the names of agencies inside Syria receiving millions in Canadian aid money is part of a commitment to keep Canada's military and development objectives separate, the international development minister says.

Marie-Claude Bibeau said none of the funds are going directly to Islamic militants — a concern the opposition Conservatives have raised in recent weeks.

"These partners are focusing on civilians, there is no doubt about it," she said.

The Liberals announced \$100 million in aid for programs in Syria, Iraq, Jordan and Lebanon on Wednesday, with \$32 million coming from a program last fall that saw the government match donations from Canadians.

The matching funds will be

given to UNICEF to support education and vaccination. The remaining \$68 million is being divvied up, with \$23.5 million to be spent in Syria on various named projects. The World Food Program will receive \$11.35 million, but the government won't name the rest of the agencies receiving funds.

Access for humanitarian groups inside Syria has been a major issue: this week, the U.S. accused the Syrian government of preventing aid deliveries to besieged areas of the country, in contravention of UN regulations.

Naming the groups that get Canadian funding puts them at risk, Bibeau said.

"When they are linked to a donor, to an ally, to one party or another, they become targets," she said. THE CANADIAN PRESS

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TEXAS

'Affluenza' teen gets nearly 2 years in jail

A judge on Wednesday ordered a Texas teenager who used an "affluenza" defense in a fatal drunken-driving wreck to serve nearly two years in jail, a surprising sanction that far exceeds the several months in jail that prosecutors initially said they would pursue.

Ethan Couch, who was appearing in adult court for the first time after he turned 19 on Monday, received 180 days for each of the four deaths in the June 2013 crash.

Initially, state District Judge Wayne Salvant said he would not immediately rule on how much longer Couch would spend in the Tarrant County jail. But he reconsidered his ruling after hearing an argument from prosecutors that Couch should be sentenced not to 120 days in jail for the

crash, but to 180 days for each of four counts of intoxication manslaughter under a separate part of Texas code.

Couch had been facing the prospect of adult jail time as part of his probation once his case had moved out of the juvenile system. Prosecutors didn't ask the judge to declare Couch had violated his juvenile probation by fleeing to Mexico with his mother last year.

Couch lost control of his family's pickup truck after he and his friends had played beer pong and drank beer that some of them had stolen from a Wal-Mart. He veered into a crowd of people helping the driver of a disabled vehicle on the side of the road. Authorities later estimated that he was going 70 mph in a 40 mph zone.

THE ASSOCIATED PRESS



After months of training with the neural bypass system, 24-year-old Ian Burkhart, a quadriplegic, can make isolated hand and finger movements and perform functional tasks, like grasping and swiping a credit card. He can even play Guitar Hero. AFP/GETTY IMAGES

Mind-reading system hailed as breakthrough

SCIENCE

Neural bypass system restores a patient's use of his hand

Ian Burkhart was 19 and fresh out of his first year of university when he dove into a shallow wave on vacation with friends. He hit a sandbar and broke his neck, catastrophically damaging his spinal cord. Doctors told Burkhart he was quadriplegic: he could move his shoulders, but he would most likely never move his hands or legs again.

Three years later, in a laboratory at the University of Ohio, researchers wrapped a neuro-

muscular electrical stimulation cuff around Burkhart's forearm. The cuff was connected to a "neural bypass" system, which learned to decode signals from sensors in his brain. Burkhart thought about moving his hand, and for the first time since his accident, he moved it.

After 15 months of training with the system, Burkhart can use it to make isolated hand and finger movements and perform functional tasks, like grasping and swiping a credit card. He can even play Guitar Hero.

Researchers from Ohio State University, the Feinstein Institute for Medical Research and the Batelle Memorial Institute, describing the advance in a paper in Nature published on



This is something that's working. I will be able to use my hand again.
Ian Burkhart

line on Wednesday, believe it is the first time a human has gained use of paralyzed muscles using signals from their own brain.

That first hand movement "was really just like that flicker of hope: this is something that's working. I will be able to use my hand again," Burkhart said. "Right now it's only in a clinical setting, but it's something that with enough people working on and enough attention can be something I can use outside of the hospital, at my home, outside of the home, and really improve my qual-

ity of life."

Researchers not connected to the study welcomed the advance, but cautioned that it could be years before technology like this might be able to help others. Burkhart underwent brain surgery to implant the microelectrode array, and his skull must be tethered to devices in a laboratory in order for the system to work.

The researchers are now focusing on shrinking the system and making it more intuitive, so Burkhart, and potentially other patients, can use it outside the lab. TORSTAR NEWS SERVICE



Ethan Couch, the teenager who used an "affluenza" defense in a fatal drunken-driving wreck was ordered to serve nearly two years in jail. MAX FAULKNER/STAR-TELEGRAM VIA THE ASSOCIATED PRESS

IN BRIEF

UN proposal aims at extremists' use of chemical weapons

Russia and China introduced a draft UN resolution Wednesday aimed at preventing extremist groups like Daesh from developing or using chemical weapons in Syria. Officials said the proposed resolution could serve as a deterrent.

THE ASSOCIATED PRESS

China gay rights movement makes gains

A judge ruled against a gay couple in China's first same-sex marriage case Wednesday in a landmark moment for the country's emerging LGBT rights movement. The lawsuit comes amid more awareness of lesbian, gay, bisexual and transgender issues in China.

THE ASSOCIATED PRESS

COURT

Bill Cosby wants testimony resealed

Bill Cosby's lawyers urged an appeals court Wednesday to reseal the comedian's lurid, decade-old testimony about his womanizing, but the panel of judges seemed to think the request was pointless, since the deposition has already made headlines around the world.

Members of the three-judge panel of the 3rd U.S. Circuit of Appeals reeled off a list of "the toothpaste's out of the tube"-type metaphors to suggest that any damage to Cosby's repu-

tation from the release of the testimony has already been done. The documents were released last year on a request by The Associated Press.

Cosby's attorneys hope a ruling in their favor could help them keep the documents from being used in the criminal case against him in Pennsylvania and in the many lawsuits filed around the country by women who accuse him of sexual assault or defamation.

THE ASSOCIATED PRESS

CONSUMER GOODS

Cuba eases grip on wholesale market

Cuba says it is opening its state-controlled wholesale market to a limited number of private business owners in response to rising prices that have angered many ordinary Cubans.

Without access to wholesale goods, private business have been buying basic supplies in retail outlets and raising the prices to generate profit, leading to widespread hikes in the cost of food and many household goods.

State-run media said Wednesday that food and personal-service businesses that are

either co-operatively run or rent space from the government will be able to buy goods at prices 20 per cent below retail. They will also be able to do business with state-run importers, a potentially important new benefit that could give access to U.S.-made goods.

The new measures also establish price caps on some goods bought wholesale and sold privately, among them Cuban-produced soft drinks and beer, rum, cigarettes and chicken. State media said the measures would go into effect on May 2.

Under economic reforms that began under President Raul Castro, Cuba has been slowly allowing private enterprise to compete with state-run businesses saddled by decades of inefficiency and lack of investment.

Private businesses have been dramatically outperforming government-run enterprises but charge prices out of the reach of most Cubans, leading to bitter complaints that the country's socialist system no longer serves ordinary people.

THE ASSOCIATED PRESS

+ IMPORTS

Passengers bring in goods

Private businesses have been unable to import through normal channels, forcing them to depend on informal networks that arrange for Cuban airline passengers to bring hundreds of millions of dollars of goods each year into the country in their checked bags.



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Spending boost to spur growth: BoC

ECONOMY

Central bank projects GDP to expand 1.7%

The Bank of Canada says the federal government's multi-billion-dollar spending boost has uplifted what would have been a modest downgrade to its economic growth forecast this year.

The central bank also kept its trend-setting interest rate locked at 0.5 per cent Wednesday.

The bank expects the federal investments of about \$25 billion over the next two years to more than offset the negative consequences of a slightly stronger dollar, weaker-than-expected global growth and shrinking investment in the oil sector.

It is now predicting the country's real gross domestic product to expand by 1.7 per cent in 2016, up from its January expectation of 1.4 per cent.

The bank said unexpectedly

strong growth in the first three months of 2016 was partly due to temporary factors and that is expected to fade with the loonie's recent rise and slower international demand.

"The combined effect of all these global and domestic developments would have been a modest downgrade of the bank's outlook," the bank said in a statement that accompanied the latest release of its quarterly monetary policy report.

"However, the fiscal measures announced in the March federal budget will have a notable impact on GDP."

It is now predicting first quarter GDP to register 2.8 per cent, up from one per cent. It's also anticipating one per cent growth in the second quarter of 2016, down from the January forecast of 2.2 per cent.

Using the same baseline numbers in Ottawa's recent budget, it projected federal

0.5%

The Bank of Canada kept its trend-setting interest rate at this number.

and provincial government spending to combine to contribute 0.5 percentage points to growth this year and 0.6 percentage points in 2017. The impacts of provincial measures are expected to be minimal.

But even with the government lift, the bank lowered its 2017 growth projection to 2.3 per cent from 2.4 per cent. That's because non-resource exports, while strengthening, aren't expected to be as robust as previously thought due to the recent increase in the dollar.

Following the announcement, CIBC chief economist Avery Shenfeld wrote in a note that governor Stephen Poloz had no choice but to raise the 2016 forecast since his boss, Finance Minister Bill Morneau, has been "touting the benefits of fiscal stimulus" and because the economy saw surprisingly sturdy GDP growth in December and January. THE CANADIAN PRESS

AMAZON'S NEW KINDLE

The e-commerce giant's latest e-reader, Kindle Oasis, is its smallest and lightest, and also the most expensive at \$290 US. Here's what's new about the device. THE ASSOCIATED PRESS

LIGHTWEIGHT

The Kindle Oasis is 30 per cent thinner and 20 per cent lighter than previous Kindles.



CHARGE IT UP

The Kindle Oasis features two batteries — one in the e-reader and another in its cover — which together stretch the battery life to 9 weeks of "regular" reading (30 minutes a day by Amazon's definition) or months on standby. The Oasis and its cover charge simultaneously via one port.

GET A GRIP ON IT

The device is asymmetrical, with a grip on one side for one-handed reading. If you are left-handed, you can just flip the device over.

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Maya, an Australian cattle dog mix owned by Meagan Dumford, eyes treats in a food truck specializing in treats for dogs in Lynnwood, Wash. TED S. WARREN/THE ASSOCIATED PRESS

SEATTLE

Welcome to the dog days of food trucks

Stand on any block around lunchtime near Amazon's downtown Seattle headquarters and there are two common sights: people walking their dogs and people buying lunch at food trucks.

The scene offers a window into Seattle's infatuations with dogs (and cats), which outnumber children here, and the maturing roaming food truck market.

Now, one truck is combining both by catering to humankind's best friend.

"It kind of seems natural that now that we've conquered the people food truck market that we bring that to our faithful furry friends," Janelle Harding said.

Harding is a customer of The Seattle Barkery, a food truck that serves dogs and their owners

in Seattle-area dog parks, office building parking lots, farmer's markets and private events. It rolled into operation 10 months ago.

"I think there is definitely a market for more things like that, where human and canine activities are combined. You don't want to always leave them at home or leave them in the car," said Dawn Ford, who owns and operates the truck with her husband, Ben.

By Dawn Ford's count, their truck is one of just a handful in the country that caters to canines. The concept is new and rare enough that dogless people occasional misunderstand and purchase a treat.

THE ASSOCIATED PRESS

metro VIEWS

Your essential daily news

Thursday, April 14, 2016

CHANTAL HÉBERT ON MULCAIR'S CURIOUS CONVENTION



By the time he stood at the podium to address the NDP convention Sunday morning, Thomas Mulcair must have known he was in deep and likely irreversible trouble.

It took little more than a minimum of political acumen to pick up the negative signals that preceded the vote on whether to seek a new leader. Mulcair did not lack for antennae in the corridors of the convention.

Upon arrival in Edmonton on Thursday, a long-time NDP insider told me Mulcair could hope at best to win the vote with 55 per cent. The support of such a slim majority of delegates would have left him well short of the mark he needed to reach to have the legitimacy to stay at the helm. Presumably, the outgoing leader had access to the same sobering assessments of his prospects.

If he ever had any illusions that the 70 per cent-plus confidence vote he was seeking was in the bag, he had to have lost them some time before he finally faced the music on Sunday.

As the convention progressed, Mulcair and his team must have noted that things were taking a turn for the worse. The momentum for a leadership campaign grew with every passing hour, with fewer and fewer New Democrats willing to challenge the case for replacing the leader. A politician as seasoned

As time went on this weekend, it became less and less clear what the NDP leader's end game was.

Given the result of the vote, most leaders would have issued a terse farewell and been on their way. But Mulcair offered to be the party's caretaker for up to two years.

as Mulcair wouldn't have thought a single speech would turn the tide or that the meandering address he was about to deliver was up to such a Herculean task.

It is even harder to imagine his inner circle did not at least present him with options that would have spared him a public humiliation and, possibly, left him with a shot at keeping his job.

In the weeks, days and hours leading up to the vote, Mulcair was still in control of his destiny. On the way to the podium, he still had course-altering alternatives at his disposal.

As late as last week he could have signalled his intention to oversee a 24-month transition to a successor. In the summer of 2002, then-prime-minister Jean Chrétien did just that,

setting a date for his retirement more than a year before his actual departure rather than fend off an attempt to drive him out at a Liberal national convention. That paved the way to a dignified exit.

Alternatively, there was a middle ground between losing the vote and stepping down to pre-empt it.

Even as late as Sunday morning, Mulcair could have regained control of the agenda by telling delegates he had resolved to ask the party to organize a leadership convention and planned to run for his own job.

After all, even in the best-case scenario, a decent score on the weekend would have signalled only the beginning of another campaign to survive another convention vote in

two years. Would it have been worse to take on real-life rivals in a full-fledged contest than to spend the next few years fighting shadows?

Yes, former Tory leader Joe Clark and the Canadian Alliance's Stockwell Day both took that particular route and it led them to a wall.

But every situation is different. As the prospective leadership field looks now, Mulcair would have stood head and shoulders above the competition.

As time went on this weekend, it became less and less clear what the NDP leader's end game was.

It would have made strategic sense for Mulcair to allow, as he did, events to take their course to their inevitable conclusion on Sunday if he has come to simply want to put the leadership chapter of his life behind him. But it seems the opposite is true.

Given the result of the vote, most party leaders standing in his place would have issued a terse farewell and been on their way to pursue less thankless challenges. Instead he immediately offered to act as the party's caretaker for up to two years.

Mulcair must be a glutton for punishment. Some even believe he could be amenable to being drafted to run for the job he just lost. That sounds crazy but no more so than some of the choices made in Edmonton. Rational calculations — as recent events have demonstrated — are not always at the root of political decisions.

THE MICROTREND: Riding in cars without boys



If you think this whole ride-sharing fad is going away any time soon, you're in for a pretty long wait. We're deep in the Uber era and nothing the taxi industry or municipal governments do will change that. On the other hand, nothing that Uber, Lyft, et al do will change the indisputable and chilling fact that female riders and drivers have been harassed, some have been physically harmed and many feel unsafe. In this light comes Chariot For Women, a startup ride-sharing service with an almost elegantly simple solution: No men allowed. When the service debuts in Boston next Tuesday, all drivers will be female, and no ride requests from males over 13 will be accepted. Transgender women will be welcome to use the service. SOURCE: VOX

ROSEMARY WESTWOOD

On reserves, the state of emergency never actually ends

If 11 suicide attempts in a day in a community of 1,500 people isn't a state of emergency — as declared by Attawapiskat's chief on Saturday — nothing is.

Certainly, alarm at the crisis in the northern Ontario community has been widespread, among indigenous, provincial, and federal leaders, national and international media.

But by their very nature, states of emergency are last-ditch efforts for help. They are short-term, flashes-in-the-pan of attention.

Flying in band-aid resources, such as non-permanent counsellors, to handle the fallout is certainly necessary. But everyone knows it offers zero long-term hope.

Indigenous suicide is not like flood waters that will recede. They have not appeared like a freak storm. It's a persistent and devastating phenomenon which must be actively scrubbed from indigenous communities, along with the idea that responding to a state of emergency is in any way sufficient.

It is not. To begin with, an indigenous state of emergency isn't very powerful. For the federal government, a state of emergency frees up power and money to be wielded at the government's whim. For reserves, a state of emergency is a cry for help, from a disempowered group to a powerful one. It doesn't grant a reserve more power or wash it in money.

Nevertheless, states of



emergencies have become the crutches of government, the method by which ministers express concern for indigenous lives, the mechanism for meagre resources. The

reliance on states of emergency almost presupposes the cyclical nature of various crisis on reserves, the pendulum forever swinging from bad to very bad.

It is particularly vile that states of emergencies on reserves are almost synonymous now with suicide spikes. And yet, suicide is not what states of emergency were designed for — at least according to the government's own documents. While fires and floods and all manner of natural disasters are mentioned in INAC's Emergency Management Plan for states of emergency on reserves, suicide is not. And while the policy rightly gives equal weight to preventing emergencies as to responding to them, we can see how effective suicide prevention has been.

I wish we could recast "states of emergencies" into more accurate language. Like: "spike in suicides higher than the regular, terrible suicide rate stemming from centuries-long discrimination and also a lack of humane, basic services, like water." Or: "state of crisis even more severe than usual, warranting extra media/government attention until it subsides back down to the usual state of crisis."

At least then the hypocrisy would be clear.

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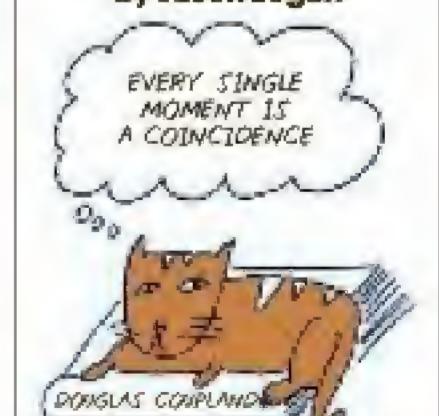
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INTERVIEW

Biography follows her life long before campaign trail

With another Clinton running for the U.S. presidency, a new release about her life is timely.

Hillary Rodham Clinton, A Woman Living History, by Karen Blumenthal is categorized as a Young Adult book, but like so many YA books is sophisticated, clear and completely suitable for adults.

This Q&A with author Karen Blumenthal reveals just how sophisticated the insights in the biography are.

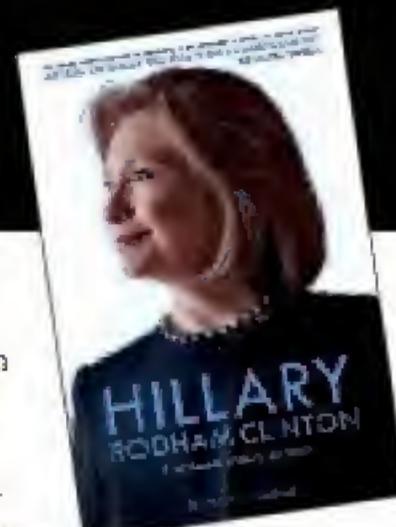
You quote Mario Cuomo, former governor of New York, who said "You campaign in poetry. You govern in prose." You note Hillary has the prose part down but her campaigning lacks finesse.

I was so excited when I found that quote. It had been used in a different context, to describe Bill Clinton, who is the master of poetry in campaigning, perhaps the best campaigner of my generation. But it spoke to me in terms of Hillary. She is very good at the prose but she has even admitted she isn't a natural campaigner.

Hillary has always realized that about herself. When she became the governor of Arkansas' wife she began to understand that she couldn't do certain things.

That is one of the more revealing sections about her in the book. She gave a speech that is very powerful where

Getting schooled on Hillary's history



she talks about thinking how they would both go off to work together in the morning. She would go to her law office and he would go to the governor's office. And they would return for dinner and talk about their day, just two professionals in a marriage.

As smart as she is, she had to learn that being a politician's wife is not the same as being a lawyer's wife.

She has so much baggage,

not just the stuff that Bill has loaded on her for years, but her own issues: using her personal email for government

work while she was secretary of state, for example. She certainly does things that seem dumb, for lack of a better word. She does seem to lack savvy. What would you expect the outcome would be of using your personal email (for work purposes) or of refusing to engage with the press? Those were not ac-

cidental choices, those were very intentional choices. Those things have created trust issues that are real.

Hillary has wanted to be president for a very long time. It's interesting that the wife of a former president is running for the same office he held.

She is not just a president's wife. She is a highly competent, highly qualified female politician whose life was really changed by her time in the White House. That was her transformative moment, to go through the Monica Lewinsky

scandal as the partner of Bill Clinton.

To me the most interesting moment, and I didn't know about this until I started researching, but six weeks after Bill went public and admitted to the nation and to her that he lied, some Democratic women show up at her office, not to console her or support her, but to tell her they need her to get on the campaign trail because Bill Clinton is not going to help the Democrats through the 1998 (mid-term) election.

She goes to help these candidates get elected. Out

of that experience she realizes she is not just a first lady, she is a politician in her own right. And after that she becomes senator, she becomes a presidential candidate, she becomes secretary of state. This is a whole different dynamic than we have seen from any first lady.

She does seem to be a magnet for controversy.

One of the reporters who followed her in the New York (Senate) campaign had an interesting observation: "When she answers questions you don't feel you are getting the whole answer." I don't think she thinks she is holding back; I think she does think she is answering. There is a discomfort for people who believe politicians can't be trusted.

I want to go back to your question about what did surprise me researching this book. I didn't expect that I would be covering the history of the last 50 years. Her life has almost been a front row of history.

As a teenager she meets Martin Luther King in the 1960s; she was at college from 1965 to 1969, at the beginning of the women's movement, the middle of the civil rights movement, the escalation of the war in Vietnam. She is in New Haven, Conn., (studying law at Yale) when the Black Panthers go on trial there.

She works for the Judiciary Committee looking into the impeachment of Richard Nixon. She is the first lady during the Oklahoma bombing and a New York senator during 9/11. Telling her story is telling the history of America in the last 50 years. TORSTAR NEWS SERVICE

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Beyond the role of 'Mexican Hooker #1'

CARMEN AGUIRRE

**Author
transcends
her trauma in
new memoir**

**Sue
Carter**
For Metro Canada

It seems appropriate to be speaking to Carmen Aguirre while she's out on the road. But her hotel room in London, U.K., where she is in town for a book tour, is a world away from the nomadic childhood she spent on the move after General Augusto Pinochet's brutal 1973 coup forced her family to flee their home in Chile.

Aguirre's first memoir, the best-selling *Something Fierce: Memoirs of a Revolutionary Daughter*, documented her family's years on the run, followed by her own decision at age 18 to join the underground resistance against Pinochet. In 2012, *Something Fierce* won CBC's books competition Canada Reads, in what was perhaps its most

controversial and heated debate to date, when a panelist, Quebec lawyer Anne-Francis Goldwater, declared Aguirre a "bloody terrorist."

While it's clear from Goldwater's comment that it's difficult for many to empathize with what it must have been like to witness that kind of violence at such a young age, Aguirre's recollections in the book of being a teenager — coveting the cool pair of shoes and wanting to hang out with cute boys — also made her story relatable as a coming-of-age tale.

Sadly, there will be readers who relate to some of the themes and events in her follow-up memoir, *Mexican Hooker #1: And My Other Roles Since the Revolution*, which details her life after a horrifying attack at age 13 by John Horace Oughton, the serial rapist known as Vancouver's Paper Bag Rapist.

When Aguirre initially set out to write *Mexican Hooker #1*, published by Random House Canada, she says she wanted to "explore her creative journey" as a performer, playwright and theatre director.

"I had no intention of making the rape the focus of the book,"



I had no intention of making the rape the focus of the book

Carmen Aguirre

she says. But her growth as an artist was in many ways directly connected to the trauma she experienced as a child.

Aguirre knew she wanted to be an actor since she was three years old, after her parents took her to a circus and she became mesmerized by a performer riding on a galloping white horse. It wasn't until years later, at theatre school in Vancouver during an intense acting class, that she had a flashback so powerful the director insisted she enrol in therapy.

After years of work, both personal and professional, Aguirre found strength in the theatre, choosing to develop her own productions rather than being cast in stereotypical roles for Latina women, like Mexican Hooker #1, and as a workshop facilitator, helping others to overcome trauma through dramatic arts.

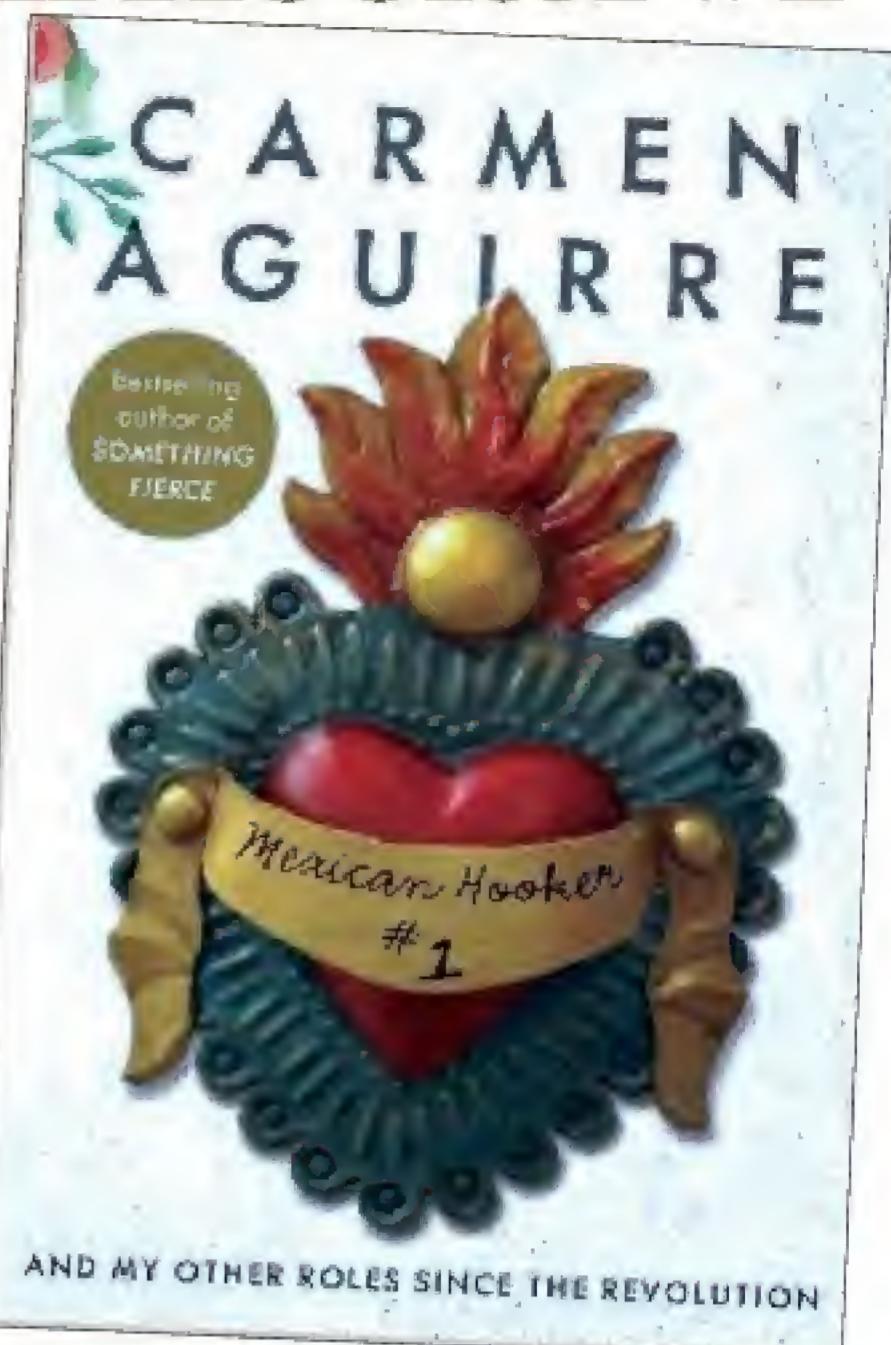
It seems appropriate that Mex-

ican Hooker #1 also travels back and forth in time, as Aguirre slowly and deliberately lays out the details of her rape and recovery, and finally her astonishing face-to-face confrontation with Oughton more than 30 years later, which she says has left her feeling more compassion for the man most would deem a monster.

And although she didn't write the book as therapy for herself or others, she has already been approached by other victims wanting to share their experiences.

But ultimately, Aguirre says Mexican Hooker #1 is more than just a single story and a reminder that there's much more to this woman than her past as a teenage revolutionary or rape survivor.

Sue Carter is the editor at Quill & Quire magazine.



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Clothes Encounters



18TH CENTURY Return of the Mac

From 1760 through 1780, the flamboyant "macaroni" was known in English fashion circles for his towering powdered wig, high collar, slim suits and corsage. And yes, the name stems from the pasta — their aristocratic esthetic earned them the comparison to what was then considered the height of cosmopolitan cuisine.



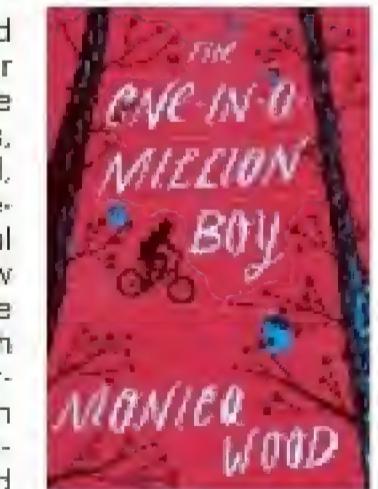
MUSIC Go Ahead, Punk

Safety pins, metal reclaimed from cigarette lighters, and layers of pins and patches comprised punk's DIY esthetic. Though born in the U.K., bands such as The Ramones introduced New York influences to the King's Road style.

Spill Simmer Falter Wither, Sarah Baume



The One-In-A-Million Boy, Monica Wood



Wood is a seasoned storyteller (her memoir, *When We Were the Kennedys*, and her first novel, *Any Bitter Thing*, received warm critical welcomes). Her new novel falls into the category of Triumph of the Human Spirit. After the death of his Guinness-records-obsessed son, guitarist Quinn wants to make amends for not having been a more involved dad. So he takes over his son's Scout assignment: doing yard work for Ona Witus, a 104-year-old Lithuanian immigrant who "the boy" had hoped would make it into Guinness as the World's Oldest Licensed Driver. This plot capsule suggests a mawkish tale, but Ona's bluntness, Quinn's detachment and the memorable boy at its heart make it all work.

6

BOOKS THAT LOOK AT ODD PAIRINGS, STRANGE COUPLES AND INTERESTING LIAISONS

These latest arrivals include a grieving dad connecting with an old woman; the town misfit adopting an unwanted dog; Houdini's wife reaching out to him from beyond the grave; and other unexpected partnerships. TORSTAR NEWS SERVICE

Spanning top hats and tails, silk jackets and slippers, the Reigning Men exhibition at the Los Angeles County Museum of Art shows the diversity of men's fashion, spanning 1715 to 2015. The accompanying book shows how small steps in menswear have translated into giant leaps for mankind's style story. TORSTAR NEWS SERVICE



FABRIC Velvet Empire

Oscar Wilde inspired a velvet revolution in the 1880s with his decadently textured lounge jacket. Marc Jacobs created a not-dissimilar version (far right) for his Spring/Summer 2005 collection.



JAZZ Doing It Big

The baggy proportions of the zoot suit, a look associated with the jazz clubs of the '30s, were a precursor to the ballooning tailoring of hip hop in later decades (Hammer pants, anyone?).

VACATION Hawaiian Punch

The original Hawaiian shirt was marketed as an "Aloha shirt" in 1935, just as tiki culture was taking off in North America. Though originally made from salvaged kimonos, these examples from the 1950s were made from imported silk.

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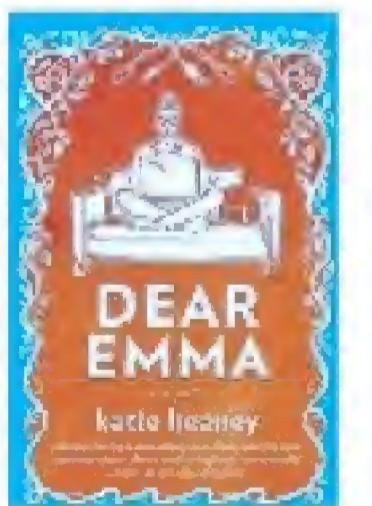
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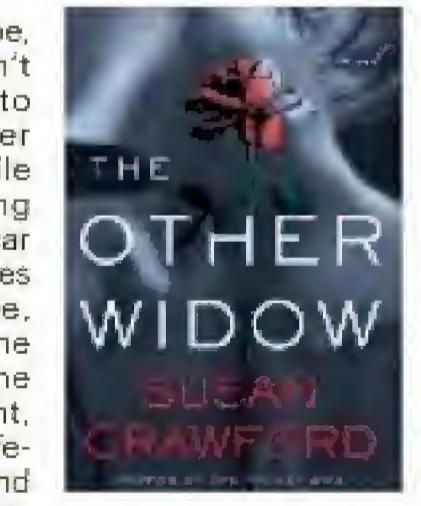
Dear Emma, Katie Heaney

This is a frothy bit of nonsense for young-adult readers by a Brooklyn writer and blogger. Harriet, the Dear Emma advice columnist at the college newspaper. Keith is the boyfriend who has dumped her. Remy is the cool girl (so cool she can get away with floral tights) who has just joined Harriet's work-study shift at the library. Then, to Harriet's horror, she sees a Facebook post linking on Joe's burner phone. She's "the other widow" of the title. Joe's actual widow, Karen, knew he was having an affair. And now she has the eerie feeling she's being watched. The writing is breezy, though one wishes there were more of a plot — and the publishers hadn't given away pretty much the entire story arc on the back cover.



The Other Widow, Susan Crawford

Dorrie's lover, Joe, tells her it isn't safe for them to see each other any more; while she's absorbing this news, the car they're in swerves and hits a tree, killing him. She flees the scene of the accident, back to the safety of her husband and daughter. Soon after, she receives a threatening call on Joe's burner phone. She's "the other widow" of the title. Joe's actual widow, Karen, knew he was having an affair. And now she has the eerie feeling she's being watched. This is Crawford's second domestic thriller. Her first, *The Pocket Wife*, came out last year and hit all the right women-pleasing buttons, complete with worried wives, unreliable men and too many cocktails.

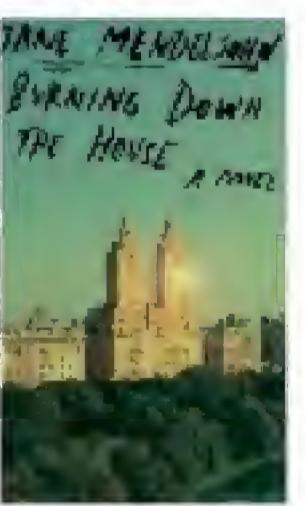


Mrs. Houdini, Victoria Kelly

Here's a historical romance with a splash of fantasy. In her author's note, Kelly writes that she was inspired to write the novel after reading about Beth Houdini's failed attempts to contact her magician husband after his death in 1926 (fittingly, on Halloween). She set out to provide a more satisfying ending. The novel intertwines past and present: one chapter details Beth and Harry's domestic and professional relationship (she was his onstage medium and assistant), beginning when they meet in 1894; the next focuses post 1926 on her attempts to unravel the coded message he left her that would prove there is life after death. Clever literary sleight of hand and a smart and wily central character.

Burning Down the House, Jane Mendelsohn

Mendelsohn's fourth novel brings together two outsiders, both residents in the Manhattan home of real-estate titan Steve Zane. Poppy, an angsty, pill-popping teenager, has been a member of the Zane household since age 6, when her mother, Steve's sister, died; and Neva, the new nanny to Zane twins Roman and Felix, a Russian 20-something whose parents sold her at age 10 into the sex trade. All the trappings of a glamorous sweeping saga are here — including the inevitable fall from grace. This book was recently savaged in *The New York Times* ("a melodramatic mess"). Yes, but it's a superior melodramatic mess. And who can resist a novel about hyper-affluence in NYC?



The end of Crossfire is not end of the world for author

LOVE STORIES

Sylvia Day concludes one series, but new one in works

With the release of *One with You*, romance novelist Sylvia Day closes her five-novel Crossfire series, which follows the love story between Gideon Cross and Eva Tramell.

Day said in a recent interview that she'd taken the story of her protagonists — both survivors of childhood sexual abuse — as far as she could.

"I have given them all of the skills that I could possibly give them but they're at the point where the next step forward is entirely theirs," she said.

However, it's too early to say whether her fans are ready to let go of the popular couple. The Crossfire novels, published since 2012, follow Gideon and Eva from June through September of one year.

"You could write dozens of books about this couple. We can follow them through the first year of marriage, their first Christmas together, their first Easter," said Day, adding that fans would be happy to read about everything from their having children to starting a business.



Sylvia Day has finished her five-book Crossfire series. TORSTAR NEWS SERVICE

One with You picks up after Eva and Gideon have eloped. Day said the idea was to show how their struggles continued into marriage.

"Especially in writing love stories, there's always the assumption that once you've said, 'I do,' once you get to the point where you're married, well, the hard part is over."

"In their case, the easy part came before they got married, and getting married created a whole new set of issues for them. It didn't make their relationship easier. It made it harder," she said.

At the end of *One with You* is an excerpt of her next book, *So Close* from her new Blacklist series, which follows Kane Black and Lily over

a decades-long relationship.

"It starts with Kane and Lily in college," Day said. "Then we see them later — they're damaged by things that they did to each other. The relationship didn't work

the first time around."

She said the issue becomes, "What do you do if the baggage you're bringing into a relationship is given to you by the person you're having the relationship with?"

Day said she realizes it's not a given that Crossfire fans will cross over to her Blacklist series, but said it's her "job to make you love it more than you loved Crossfire and I'm game for the challenge."

And for the hopeless romantics still stuck on Gideon and Eva, Day says her new series is set in New York, as are the Crossfire books.

She writes in one fictional universe that includes all her characters, Day says, "so, we'll see

them again for sure and we can look forward to that."

THE ASSOCIATED PRESS

NEW RELEASE Oldest profession gets graphic

Mary Wept Over The Feet of Jesus
BY: Chester Brown
PUBLISHER: Drawn and Quarterly

Mike Donachie
Metro | Canada

Canada's most intriguing graphic novel creator is back, and he's got something to say, as usual.

Chester Brown's latest book is called *Mary Wept Over The Feet of Jesus*, with the subtitle *Prostitution and Religious Obedience in the Bible*. Like his last offering, *Paying For It*, it covers some difficult and controversial topics, and includes the open admission that Brown pays for sex.

Last time, he described his own experiences. This time, he adapts selected Bible stories, including the Prodigal Son and Cain and Abel, to make an argument that prostitution should be acceptable now, and was acceptable in the times depicted.

Whether you agree or not, this book is remarkable. Brown's simple line art is beautiful, the narrative is interesting and the item itself is a neat little hardback filled with annotations and text arguments.

Frankly, Brown's work is odd and challenging. But his powers as a cartoonist and storyteller make him impossible to ignore.



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CULTURE

Workshops, readings, and author meet-and-greets

Festival season is heading into full swing and across Canada there are more than 100 book and literary fêtes to choose from. Whether you have the time for a day trip or a cross-country trek, here are a few you'll want to hit:

1 British Columbia

- Elephant Mountain Literary Festival (Nelson), July 7-10: A small festival in the heart of the B.C. interior, this year they'll host Bill Richardson, JB MacKinnon, Briony Penn, Caroline Adderson, Jill Barber, Grant Lawrence and Richard Cannings along with many local authors. Arguably one of the most beautiful lit fest locales going.

- Vancouver International Writers Festival, Oct. 18-23: While the official lineup for the Vancouver Writers Fest won't be announced until August, you can expect almost 90 events, with writers including Yann Martel at venues across Granville Island in the heart of the city. Conversations, interviews, storytelling and the Literary Cabaret, where six authors' readings are accompanied by the band Poetic License, made up of some of the finest jazz musicians in Vancouver.

2 Alberta

- Banff Mountain Film and

Book Festival, Oct. 29-Nov. 6: This is one for both movie and book lovers, celebrating mountain culture as it's experienced around the world. Movie screenings are listed comfortably beside readings — and crowds from both cultural industries head to the various galas held throughout the festival, now in its 41st year. The free "old-style storytelling" book event is always popular.

- Calgary Spoken Word Festival, April 19-24: Here's a fun one if you happen to be in the area on April 23 — a workshop on How To Speak in Klingon. That's one of the events filling out five days of spoken word literary events.

- WordFest (Calgary), Oct. 7-17: This festival, which has been running for 21 years, features about 70 different events across Calgary during the 10 days it takes place, bringing in international writers as well as Canadian scribes to the city. Check their website for exactly who's coming this year. WordFest Youth runs at the same time, bringing students together with writers and subsidizing literary events for at-risk youth.

3 Manitoba

- Thin Air: The Winnipeg International Writers Festival, Sept. 23-Oct. 1: This marks Thin Air's 20th anniversary. As always, they'll be featuring both English and French language streams, 55 writers with adult programming that includes readings, chats, interviews writing workshops, an open mic as well as a school program.

4 Ontario

- Ottawa Writers Fest, April 14-19: Many of Canada's top writers will be heading to Ottawa for the spring version of its festival (the fall version takes place Oct. 20-25). Look for Robert J. Sawyer, Michael Crummey, Joy Fielding, George Elliott Clarke, Sara Baume and plenty of others.

- Eden Mills Writers' Festival (Eden Mills), Sept. 18: Held every September for the past 28 years, the festival spans several days with events taking place in Eden Mills, a village of 350 people, located just outside of Guelph, Ont. This festival attracts top names — this year includes Helen Humphreys and Alissa York — and features readings, musical performances, writing workshops and even a festival parade.

- Kingston Readers & Writers Festival (Kingston), Sept. 28-Oct. 2: At the start of the big fall season, this one has begun attracting many big names: this year look for Emma Donoghue, David Mitchell, Helen Humphreys, Robert Bateyman, Anna and Jane McGarrigle.

- Lakefield Lit Festival (Lakefield), July 15-17: The town put on the literary map by Margaret Laurence already has an enviable lineup including Cordelia Strube, Alissa York and Jennifer Surridge, plus Ramsay Derry, who edited Surridge's father Robertson Davies' diaries (he, of course, was editor of the nearby Peterborough Examiner).

- International Festival of Auth-

ors (Toronto), October 20-30: Long considered this country's premier literary festival, it has been running for 30 years and is still a top destination for both international superstars and up-and-coming writers.

5 Quebec

- Blue Metropolis Festival (Montreal), April 11-17: This year marks the 18th edition of the multilingual festival. At the main event, you'll run into international and Canadian authors — Isabella Rossellini, Joseph Boyden and many Giller nominees. There's also a children's festival, gala fundraisers and a literary fashion show.

6 Nova Scotia

- Read by the Sea (River John), July 9: If there's a heart of lit in Nova Scotia, River John is surely a contender: Giller winner Johanna Skibsrud lives there in the summer, while nearby is Joan Baxter and children's writer Sheree Fitch. Joining them this year is a book festival lineup that includes authors Kim Thuy and Jennifer Robson. If you're visiting in June, you could check out the children's lit fest WordPlay in nearby Tatamagouche on the 18th.

- Cabot Trail Writers Festival (Baddeck) Sept. 30-Oct. 2: This three-day, "deliberately small" festival is billed as "a celebration of the literary arts at the highest level" with readings, workshops, seminars, food and drink, music and commissioned artwork. And the location is gorgeous: at the foot of St. Ann's Bay where the highlands meet the sea.

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**Craig Davidson**

Authors: Don't overimbibe before a reading. The No. 2 fear in life is death; the No. 1 fear is public speaking, so a little bit of help is understandable, but if you're stumbling and hitting your head off the lectern, you've gone a little too far.

Readers: Have a question in your head, and please don't be afraid to ask it. Sometimes there's a very uncomfortable gulf when (the reading) gets turned over to audience requests. Usually if that first question gets asked, you've opened the floodgates.

**Anakana Schofield**

Authors: Remember your manners. Those people have paid hard-earned money to come and listen to you and if you get asked boneheaded questions, turn them into something interesting. Don't be afraid to disagree with your fellow writers (on a panel). It's not the end of the world if you don't all nod along in unison.

Readers: There are no stupid questions. Thank you for coming; please buy my book. I love you — especially if you buy my book.

Words of advice

GOING TO A LITERARY FESTIVAL THIS YEAR AS A READER OR A WRITER?

WE ASKED FOUR FESTIVAL-VETERAN AUTHORS FOR TIPS ON HOW TO GET THE MOST OUT OF THE EXPERIENCE.

**Eleanor Wachtel**

Authors: For inexperienced interviewees, think of a few things you definitely want to say about your book, and say them. Then you won't feel frustrated, even if nobody asks you what you wanted to talk about. For experienced authors, don't go with a script. Be open. I don't like authors to have their prepared shtick. **Readers:** Curiosity is all you need: Go and see the people that you already like, but also go to one event where you really haven't a clue, like a graphic novelist or a writer from a country you don't know anything about. Hope that you're pleasantly surprised!

**John Degen**

Authors: Make the most of every opportunity to sign your book and chat with potential readers. You never know who you're going to be talking to and how much influence they can have in the long run. Especially in Canada, where the market is relatively small, I think every hand you shake and every reader you talk to makes a huge difference.

Readers: Don't stay silent. For me, the greatest value in attending a festival is the actual meeting/discussing part, so when there is a Q&A, get up there and ask your question. Make that connection with the author.

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Miscarriage ruling may shift policies

HUMAN RIGHTS

Tribunal says condition can be a disability

A recent ruling branding miscarriages as a type of disability has the potential to change the way society tackles a stigmatized issue, survivors and experts say.

The Ontario Human Rights Tribunal delivered what is believed to be the first finding of its kind last month when it ruled that a miscarriage was an uncommon condition that could impact a woman's ability to function within society.

The case centred on a discrimination claim filed by Winnie Mou against her employer — an Ottawa-based project management firm known at the time as MHPM Project Leaders. Mou alleged that she had been fired for missing performance targets due to medically related absences caused by both a deep tissue injury and a June 2013 miscarriage, and argued that both events constituted disabilities that the employer refused to accommodate.

MHPM argued that Mou did not suffer from a disability, since neither the injury nor

the miscarriage were permanent or persistent conditions.

Tribunal vice-chair Jennifer Scott sided with Mou, stating in an interim decision that a miscarriage should not be viewed as a short-term condition.

"A miscarriage is not a common ailment, and it is certainly not transitory," Scott wrote. "It is clear from the applicant's testimony that she continues to experience significant emotional distress from the miscarriage even today."

Legally, comparable conditions have been handled in similar fashion. Christine

Thomlinson, co-managing partner of employment law firm Rubin Thomlinson in Toronto, said the provincial courts that establish case law in this area have interpreted the Human Rights Code very broadly over the years.

The latest tribunal ruling therefore did not come as a particular surprise, Thomlinson said. But she said the ruling will leave both employers and employees navigating a challenging grey area and force them to have conversations that have likely not been taking place on the job.

"What it will emphasize is that the accommodation

+ PRECEDENT

Comparable conditions to miscarriage have been handled in a similar way. Issues ranging from obesity to drug addiction to depression have all been formally recognized as disabilities in Canada, according to Christine

Thomlinson, co-managing partner of Toronto employment law firm Rubin Thomlinson.

Thomlinson said. "On the one hand, employees can take from this decision that they have an entitlement to be accommodated, but that can't go so far as to say there's an accommodation obligation if there's no information suggesting that you had a miscarriage."

Thomlinson described the ruling as a positive development overall, but questioned how uncommon miscarriages are. If there should be an influx of disability claims based on miscarriage, Thomlinson said employers may find themselves struggling to cope. THE CANADIAN PRESS

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Forget love — monogamy sprung from STI threats

RESEARCH

Scientists believe pairing up provided health benefits

Why did humans become monogamous, apparently rejecting the promiscuity that is natural to most animals?

Was it morality? Religion? Maybe love?

The answer is germs, researchers said Tuesday, arguing that the havoc caused by sexually transmitted diseases (STIs) convinced our ancestors it would be better to mate for life.

A research duo from Canada and Germany observed that STIs flourished among large groups of people living in the villages, towns and cities that arose after prehistoric hunter-gatherers settled down to farm.

Left unchecked, spreading diseases can affect individual fertility and a group's overall reproduction rate.

Falling population numbers would force a rethink of sexual behaviour — which in turn gives rise to social mores.

The researchers developed a mathematical model of hunter-gatherer demographics and likely STI spread among them.

They used it "to show how growing STI disease burden in larger residential group sizes can foster the emergence of socially imposed monogamy in human mating."

In small groups of no more than 30 individuals, with no chance for epidemic spread, STI outbreaks are generally short-lived, the team said.

The reduced risk may explain why small groups, both among early humans and today, are often polygynous (when men



Socially imposed monogamy in human mating has long been considered an evolutionary puzzle according to researchers. iSTOCK

have more than one partner).

Socially-imposed human monogamy has long been considered an "evolutionary puzzle," according to the research duo.

It requires societies to put in place checks and structures — a police and court system, for example — to uphold societal mores.

"Yet, many larger human societies transitioned from polygyny to socially imposed monogamy beginning with the advent of agriculture and larger residential groups," said the paper.

CAN DRUGS CHANGE SEXUAL MORES?

Even if drugs were to eradicate STIs, humans wouldn't become wildly promiscuous, according to Bauch. "Modern societies are more complicated ... and there is probably more than one

reason that explains socially imposed monogamy.

"I think it is premature to speculate that marriage will disappear ... if we solve the problem of STIs," he added.

That riddle may now be solved.

The research showed that our natural environment, with factors such as disease spread, "can strongly influence the development of social norms, and in particular our group-oriented judgements," study author Chris Bauch of the University of Waterloo said.

AFP

POLICIES

Women face 'health gap' in accessing care

Women are underserved by the health care system in comparison to men, warn officials at the Women's College Hospital (WCH) in Toronto.

Calling this problem "the health gap," WCH president Marilyn Emery says it "significantly impacts women's health and their quality of life."

In their research, WCH identified several gaps in the way women receive health care and treatment.

In health care research, women's unique needs are often ignored — they have

different risk factors for some diseases and respond differently to some drugs — but until the 1990s there was no requirement to include women in clinical drug trials.

In cardiac health, more women than men die each year from heart disease, yet make up only 35 per cent of patients in cardiovascular research.

Women also receive less effective treatment for mental health and chronic conditions. Many of these barriers are systemic, with factors like in-

come, employment status and housing influencing access to health care.

"The Health Gap is a very real threat to the well-being of women everywhere," says Katherine Hay, president of the Women's College Hospital Foundation.

WCH is dedicated to closing these gaps through research. The organization has spearheaded the Women's Cardiovascular Health Initiative — the first comprehensive assessment and lifestyle program for women with existing or

potential heart problems.

They also offer the Women's Mental Health Program, which deals with mental health issues unique to women, like depression and anxiety associated with menstruation, pregnancy, childbirth and menopause.

"We're reaching out to our partners and colleagues throughout the health sector and asking them to join us in affecting change and to help us close the health gap for women," says Emery.

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Eat a slice of pizza, run 43 minutes

PUBLIC POLICY

Scientists want you to know what it takes to burn off food

British researchers say "activity equivalent" calorie labelling could be a new way to tackle obesity — but some Canadian health experts are raising red flags about the recommendation.

In a 2016 report, the Royal Society for Public Health suggests the food industry produce packaging showing both the number of calories and the time needed to burn the calories through certain types of fitness, such as running or walking.

On average, consumers spend around six seconds looking at food before buying it, notes the report, and calories are the type of nutritional information most people look for. "This means front-of-pack information should be quick to understand and utilize calorie information in a way that can positively influence behaviour change," says the research team.

Obesity medicine expert Dr. Yoni Freedhoff says the poll-based research might actually have the opposite effect. "I'm not sure giving people a justification for consuming ultra-processed junk food is a good idea," says the University of Ottawa assistant professor. "I think some people will take this as a license to eat

because they've exercised."

The labelling would also need to be tested on a trial basis — beyond just a poll — to ensure it wouldn't have a negative effect, he adds.

Abby Langer, a registered dietitian and owner of Abby Langer Nutrition in Toronto, says the label concept might be more eye-catching and easier for people to understand, but could lead to some less-than-healthy choices. "The focus on calories implies that calories trump quality," she says. "A lower quality food may have fewer calories than a higher quality food, but I would still rather someone choose high quality food. Calories are not all created equal."

The report stresses the high number of U.K. adults who are overweight or obese — and it's a similar scene in Canada. One in four adult Canadians have clinical obesity, according to the Canadian Obesity Network, meaning 6 million Canadians are living with obesity.

So could labelling with calorie-based fitness minutes make a difference in obesity rates? Freedhoff doesn't buy it.

"It just perpetuates this notion that the only purpose of the gym or your running shoes is so you can eat more," he says. "But exercise is about preserving your health." TORSTAR NEWS SERVICE

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22 min running

BLUEBERRY MUFFIN 265 CALORIES

48 min walking

25 min running

ICED CINNAMON ROLL 229 CALORIES

1 hr. 17 min walking

40 min running

FOOD TRENDS

Fancy eating cricket bolognese sauce?

Nothing about the brown block says "cricket."

The texture is smooth, free of antennae or exoskeletons. The odour is neutral. So is the flavour. If anything, it resembles pâté, a foodstuff it can be made to mimic surprisingly well.

But each block is pasteurized insect protein, made by Thornhill, Ont., brothers Lee and Eli Cadesky. They call it the food of the future, a sustainable and versatile replacement for meat. This weekend, they launch their bolognese sauce at the Green Liv-

ing Show at the Metro Toronto Convention Centre.

We eat bugs all the time, willingly — shrimp are also arthropods — or otherwise. There are so many unseen insect parts in spices, dried figs and chocolate that the U.S. Food and Drug Administration regulates how many aphids, thrips, mites and beetles are safe for human consumption. (Answer: More than you'd think.)

Still, when faced with a scoop of meal worm ice cream, people can get apprehensive.

"It's more the mental thing

you have to get over," says Mark Wilson, a chef who helped develop the C-Fu spaghetti sauce.

Five species — crickets, mealworms, wax worms, super worms and black soldier fly larvae — from a Peterborough, Ont. supplier go into C-Fu's secret, patent-pending method. "It's the only process that makes insects look, feel and taste like meat, dairy or eggs," says Lee Cadesky, who has a master's degree in food science from Cornell University.

Lee and brother Eli, an MBA,

work out of Toronto's Food Start-

er, renting commercial kitchen space. Eating insects appeals to the curious, the adventurous and the eco-minded. The United Nations Food and Agricultural Organization promotes swapping livestock for edible insects to reduce greenhouse gases while providing good nutrition.

"We have this supply of food but nobody wants to eat it," says Lee Cadesky. "If we can turn that into something more familiar, we can turn insects into a sustainable alternative."

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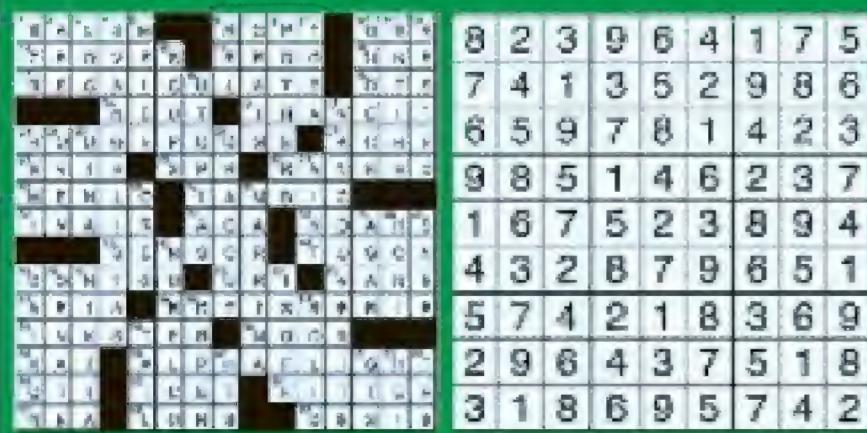
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MEET THE CONDO

Southwest living for grown-ups

Project overview

The Armory is a beautiful wood-frame development that features 58 units with private balconies in the emerging community of Currie Barracks. Designed for residents 18 and over, The Armory is targeted towards people looking for spacious condos.

Housing amenities

Every unit has its own private balcony and the building is made out of acrylic stucco, artisan brick and oversized tinted windows. Each unit comes with a heated underground parking stall and an individual storage space. The building also contains in-floor radiant heating and a high-speed elevator.

NEED TO KNOW

What: Currie Armory

Builder: Cove Properties

Architect: N/A

Interiors: N/A

Location: Currie Barracks

Building: Four-storey wood frame boutique building with 58 units

Sizes: Ranging from 1,047 to 1,233 square feet

Pricing: \$445,000 and up

Suites: One bedroom, two bed-

In the neighbourhood

Located in the heart of southwest Calgary, Currie Barracks is set to be a contemporary urban village with everything at your doorstep. Downtown Calgary and the community of Marda Loop are around the corner and there is plenty of green space and parks.

Location and transit

Located in the southwest community of the Currie Barracks, the Armory is located conveniently just minutes from downtown and with easy access to Crowchild Trail, Glenmore Trail and Deerfoot Trail. There are several bus routes and train stations.

KRISTA SYLVESTER/FOR METRO

CURRIE ARMORY



CONTRIBUTED



Colin and Justin turn a neglected, rundown cottage into a coveted rental property.

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Tables that go beyond just four legs

INNOVATION

Designers experiment with process, unique woods

When you think "table," you're likely to imagine a set of four legs and a top.

When Peter Harrison thinks "table," he conjures up all kinds of unusual versions. For instance, instead of hiding the structural connections in his tables the way it's typically done, he brings them centre stage. Steel cables, rods and fasteners become important parts of the design.

"I find these elements give life to my pieces," says the furniture designer, from Middle Grove, N.Y. "They're a view of exposed structure, yet not a complete vision. A glimpse of what's inside."

At his booth at this spring's Architectural Digest Design Show, Harrison had a striking dining table on display called Oahu: a glass circle perched on a truss of sapele (an African

heartwood) legs, joined together with aluminum brackets and steel bolts. Some of his other tables resemble bridge spans, with sinews of aluminum cabling suspended between concrete, wood or acrylic struts.

Tables were a highlight at the show, held recently on Manhattan's Pier 94. It was a venue for both established and emerging furniture designers from North America and around the world. The crowd numbered more than 40,000.

Designer Kino Guerin of Melbourne, Que., has been experimenting for the last 10 years with a vacuum lamination process. He combines industrial-grade plywood with rare woods and veneers to craft fluid, elegant tables.

The Nebula table was inspired by a curled paper ribbon. Walnut and sweet gum veneers curved into the aptly named Toboggan. On Guerin's Salto console, the legs on one end do a loop-de-loop as they stretch to the floor.

Designers Michael Bell of Belfast, Northern Ireland, and Susan Zelouf of New York have a studio in an old chocolate fac-



The Pintor coffee table is carved from black walnut inlaid with bronze. The chamfered frame holds a handmade glass top, available in jewel tones like topaz and aquamarine.

ALL PHOTOS ALAN TANSEY/KGBL

tory in Dublin. They work with unusual woods like koto, red birch, black Bolivar and Makassar ebony, embedding surprising yet beautiful elements

into their tables like koi fish or, shown at the Architectural Digest Show, monarch butterflies.

ReSAWN Timber of Telford, Pa., showed a nice example of

their Charred collection: The walnut table had been blackened using an ancient Japanese technique called shou sugi ban. The process involves charring

“

They're a view of exposed structure, yet not a complete vision. A glimpse of what's inside.

Peter Harrison, on incorporating connections into his designs

the wood, misting it lightly with water before it's cooled, and then brushing, sealing or staining it.

The charcoal preserves the wood, acting as a barrier against insects, rot and fire, while accentuating the natural grain.

KGBL's Pintor black walnut coffee table was another standout, with chamfered edges, brass inlay, and a top of handmade glass that's available in jewel tones like topaz and aquamarine.

The Terranova coffee table's top was hewn from a single block of marble, set on a bronze base.

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In the right situation, a heading cut is a useful gardening technique. iSTOCK

Pruning can be your best bud

SPRING

Tips on knowing when and how to cut back

Once you know a few simple tips, you can prune any plant, from a midget marigold to a mighty oak.

That's because all plants respond similarly to pruning. Once you understand that response and are clear on your goals, you can just go ahead and cut.

First, let's get one thing straight: Pruning stunts plants, which may in itself be a reason to prune.

Other reasons might be:

- In a younger plant, pruning can direct growth so the plant can develop strong, well-placed limbs that bathe in light and air. That also can speed drying and thus limit the threat of disease.

- An older plant might need pruning to invigorate it, do away with decrepit stems and keep healthy stems bathed in light and air.

So pruning is often needed whether or not size control is desired. If size control is not your goal, minimize pruning to what is absolutely necessary so that your plant fills its allotted space as soon as possible.

Pinching is pruning

While it stunts overall plant growth, pruning — some kinds — can stimulate growth right where you cut.

Picture a young shoot of a tomato plant or maple tree. Unpruned, such a stem will continue to grow from its tip, and side branches may or may not grow out further down the stem.

The lightest pruning would be to use your thumbnail and forefinger to pinch out the soft, growing end of the shoot. This pinch not only causes growth to falter briefly, but also causes dormant, lateral buds farther down the stem to be awakened into growth.

Pinching, then, is useful for slowing stem growth — to direct the energies of a tomato plant in late summer to ripening fruits, for example.

Heading for branches

You also could prune a stem more drastically, with pruning shears. This type of cut is called a heading cut, and plant response depends on how drastically you cut back a stem.

If you cut a young stem back by a third, buds that might have stayed dormant on its remaining part will now be prompted to grow, and they will do so more enthusiastically than if the stem had just been pinched. Shorten that same stem by two-thirds, and the resulting new

growth will be even more vigorous, but fewer buds will be awakened.

The more vigorous a stem is before it is headed back, the more enthusiastic its response to such pruning. As a general rule, the more vertical the stem's orientation, the greater its inherent vigour. And heading cuts into one-year-old wood elicit more enthusiastic responses than do cuts into older wood.

Too many gardeners irreverently hack back their plants in an effort to get rid of unwanted growth, and then bemoan the dense and vigorous regrowth from these heading cuts.

Nonetheless, in the right situation, a heading cut is a useful pruning technique. There are situations when vigorous, new growth is needed: to make a strong trunk on a young tree; to create new, bearing wood, if needed, for fruits or flowers; to create a decorative effect; to invigorate a frail stem.

Thin crowded branches

What happens if, instead of cutting off only part of a stem, you remove it completely, or cut it back to a larger branch? This type of pruning cut is called a thinning cut and the plant's response is: nothing, near the cut. Or at least very little. (Total plant growth is, of course, still reduced.)

THE ASSOCIATED PRESS

Savvy gardeners understand nature

CLIMATE AND WEATHER

Learning to read the signs ensures better results

Savvy gardeners keep one eye on the sky and the other on their plant beds. They give nature a nudge by understanding the climate, learning how to read the weather and then creating a landscape that fits.

"It's interesting to know what the weather is doing, why it's doing it and what it will do next," said Michael Allaby, author of *The Gardener's Guide to Weather & Climate* (Timber Press, 2015).

"If you go with your climate and soil, your garden will be much more successful, and if you choose the appropriate plants and tend them well, you'll save money because there'll be fewer failures."

Climate and weather are not the same thing. Meteorologists are fond of saying that "climate is what you expect while weather is what you get."

Learning how to read clues about upcoming weather can result in a more productive garden.

"You can predict whether

there will be a frost by noting the temperature and the rate it changes at dusk," Allaby said.

"You can predict whether dew will form. Calculate the atmospheric humidity, and you'll know how likely it is to rain or snow. Watch the clouds for approaching weather fronts and gathering storms."

Soil and climate are closely linked, Allaby said. At the extremes, desert soils are sandy while tundra soils are low in nutrients because vegetation is so limited.

"The more sand you have, the faster it will drain, so you might need to irrigate," he said. "Clay retains water and is very fertile, but because it stays wet it tends to be cold in spring, so you can't work it or plant it early in the year."

"Silt is very fertile. Loamy soil, which is best of all, has approximately equal parts of clay, sand and silt."

Then there are microclimates, which can vary depending on the size and shape of your property.

"Lower terrain may have lower temperatures than higher terrain," said Gretchen Voyle, a consumer horticulture educator with Michigan State University Extension. "Exposure to sun and wind can create a dry microclimate even in areas with

adequate rainfall."

The world's climate may be changing, but that doesn't mean you should disregard the calendar, Voyle said.

"When you have a few days of unexpected (warmer) weather, people may think they can plant. But nature has a way of getting even," she said. "It's best to stay with the tried and true. Things aren't what they used to be, but nobody's sure what we're moving toward."

Smart gardeners know what's going on around them, making them better prepared, Voyle said.

"Life is never going to be static," she said. "You've got to be responsive. The nimble gardener is the one who's going to get the tomato."

THE ASSOCIATED PRESS



Freezing rain can be a spring spoiler, but the buds of this hardy native oak survived.

DEAN FOSDICK VIA THE ASSOCIATED PRESS

DEFINITIONS

Climate is the average weather recorded in a certain area over decades. That would include annual rainfall, arrival of the first killing frost, standard air currents and humidity.

Weather, on the other hand, is the set of atmospheric conditions experienced during the course of the day: things like temperature, wind velocity, and whether it's raining or sunny.

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A quarter century of the Lumière

FOSCARINI

Now iconic lamp gets a retrospective

Alongside the Milan Triennale and the Milan International Furniture Fair, the Italian design manufacturer Foscarini will be celebrating 25 years of the Lumière lamp, one of its most iconic pieces.

For this milestone anniversary, the firm is holding an exhibition, until April 30, dedicated entirely to this classic of lighting design. In 1990, the designer Rodolfo Dordoni created a tabletop light, presented as a modern take on the classic lamp shade.

This was the Lumière, a now iconic table lamp with a blown-glass shade and a three-legged aluminum frame.

To celebrate the lamp's 25th anniversary, Foscarini is holding an exhibition dedicated to this design classic, scheduled to run alongside the Milan Triennale and the Milan Furniture Fair.

The Lumière's journey through 25 years of history is based on a video installation with 26 screens looking back at key world events that have shaped the last quarter of a century.

The exhibition marks events such as German reunification, the end of South Africa's apartheid, the Yugoslav Wars, the opening of the Guggenheim Museum in Bilbao, Spain, the 9/11 attacks on New York and the launch of Twitter. This historical recap is accompanied by objects that track the evolution of design over the same period.

The Lumière table lamp was created in the early days of Foscarini, before the firm had gained the international renown it enjoys today.

Founded in Murano, Italy, Foscarini sought to go further than other manufacturers working with glass by introducing new details and using new technology.

The company is dedicated entirely to the design and manufacture of lighting products. Lumière was one of the first hit designs for Foscarini. AFP



The Lumière was invented in 1990, and was billed at the time as a modern take on a classic, but is now considered a classic design in its own right. HANDBOUT

HOME BRIEF

Dolce and Gabbana collaborate on a refrigerator with Smeg

Dolce and Gabbana have teamed up with domestic appliance manufacturer Smeg to create a fashionable line of designer refrigerators. The Sicilian designers took to Instagram to announce the news, posting a video offering a sneak peek at the elaborate Renaissance-inspired motifs featured in the range. According to Vogue, the limited-edition designs will be available in just 100 units, each of which will be hand painted, leaving every piece unique. The collection launched during the Salone del Mobile in Milan on April 13 and each fridge will retail for approximately \$34,140 U.S. AFP



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METRO SPACES

DIY projects to keep your home in shape

As the days get longer and the weather improves, this is the time to make sure that our homes or rental properties are well maintained. Here are a few do-it-yourself projects to keep your home in tip-top shape:

Top up your attic insulation

Many older homes have inadequate levels of insulation in the attic that wouldn't meet today's building code. Topping it up will help to save on energy consumption and keep your house cooler in the summer months.

A great product for this task is Roxul Comfortbatt insulation. It's easy to install, cuts simply with a serrated blade or bread knife and protects against fire, moisture and mold. Aim for a depth of 16 inches (41 cm) or an R-value of 50. Insulating properly could also provide added benefits such as improving the longevity of your air conditioner by reducing stress on

the unit as temperatures rise.

Inspect your roof and make minor repairs

Winter can be especially hard on a roof. Look for ice, hail or water damage. Replace any cracked or missing shingles and clear any debris.

Clean your gutters

It's not glamourous work, but your home's gutters play an essential role in moving water away from your home and preventing damage. Consider installing gutter guards to ensure your gutters remain functional and free from debris.

Inspect windows and doors and re-caulk, where necessary

Because a proper seal is essential in both heating and cooling seasons, this job should be



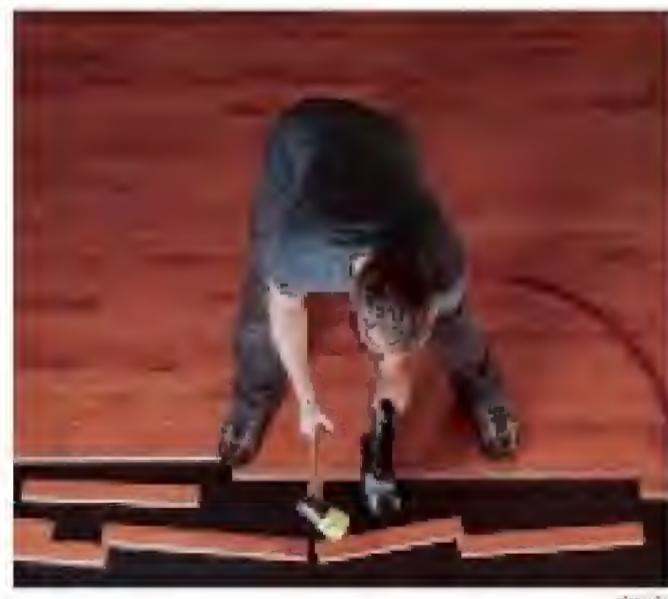
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performed twice a year to protect against drafts and moisture, and to keep insects out. Worn weather stripping should also be replaced.

Other simple jobs include fixing leaky faucets, repairing and resealing decks, inspecting the foundation and scheduling a check-up for your HVAC system. The key is being honest

about what you can handle and, when in doubt, call in the pros.

Scott McGillivray is the award-winning TV host of the hit series *Income Property* on HGTV Canada, a full-time real estate investor, contractor, author, and educator.



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The flooring in your house makes a big difference to how you function in your home every day. But great floors don't just happen spontaneously. They're installed by great tradespeople.

"There are good installers and bad installers out there," says Sandy Sangster, owner of Calgary Flooring Designs, a provider of high-quality flooring options in Calgary. "You definitely want to make sure you're working with the right people before they start your flooring job."

The Calgary Flooring Designs gallery

features one of the largest selections of quality flooring in the city, including hardwood, engineered hardwood, carpet, laminate and tiles.

But what puts the company head and shoulders above the rest is the level of craftsmanship its tradespeople deliver.

"We're very picky with the installers we employ," Sangster explains. "We have high standards, a very stringent hiring process, and we watch over our tradespeople at every step of a job. We vet their performance right down to

their manners toward customers."

The hardwood, carpet and tile setting specialists at Calgary Flooring Designs each have about 20 years experience, on average. They're experts at tackling every type of job, whether it's a new custom install or a restoration.

Everything the company does is under warranty and all tradespeople also have insurance so you can have the job done worry-free.

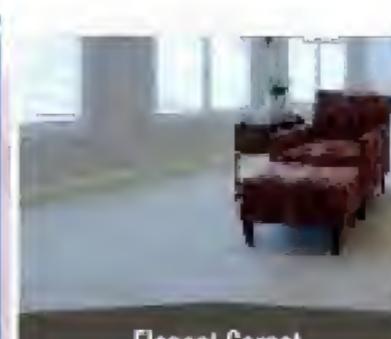
"We look for people who take pride in their work," says Sangster.

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Heavy Berber with choice of 9 colors

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A KEY TO A GOOD NIGHT'S SLEEP

How much do you think about your pillow? It might not be on your mind much, but it's one of the essentials for a great night's sleep, says Charlie Gouldsborough, owner of Simmons Mattress Gallery in Calgary.

After serving clients for more than 16 years, Gouldsborough has seen many customers whose lives changed after they found the right pillow.

"Getting a good night's sleep transforms your life," says Gouldsborough. "That's why finding the right pillow is so important. It's one of the best things you can do to ensure you have a long and comfortable rest, and feel refreshed and alert the next day."

Simmons Mattress Gallery just brought in two new pillow lines designed to help customers achieve that.

The store provides a pillow for every type of sleeper — side, back, front — ranging in firmness from very plush to quite firm.

Earlier this year, Simmons Mattress Gallery became the first company in Canada to

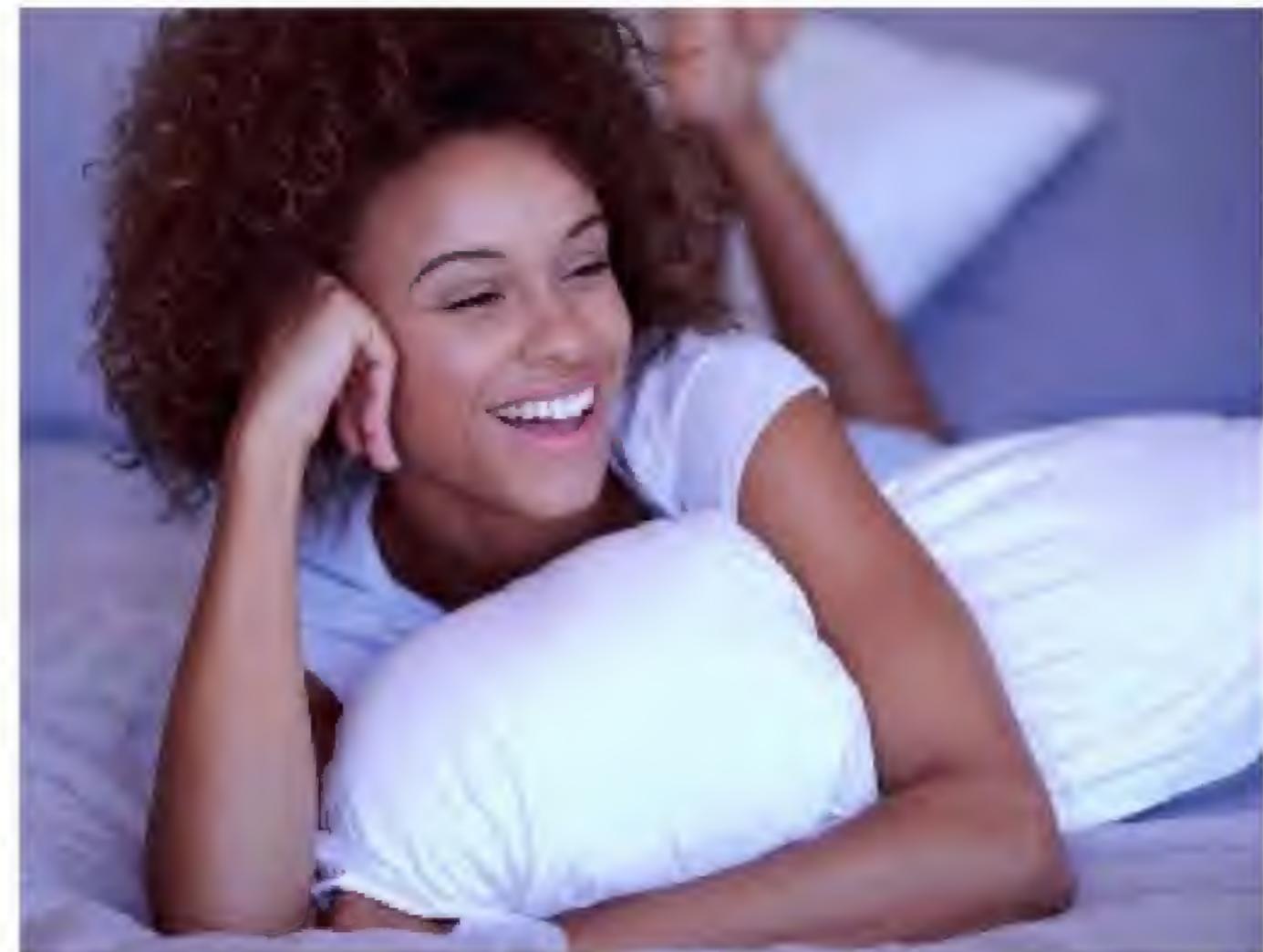
carry the sought-after U.S. brand I Love My Pillow. The Detroit-based company makes their pillows in a small factory and pours their own foams.

The Fashion Bed Group line of pillows is the second new line at Simmons Mattress Gallery. The line provides a pillow for every sleeper in innovative materials including memory foam, latex and gel.

Simmons Mattress Gallery is a family-run, Calgary-based company that offers made-to-order mattresses that are constructed to each client's specifications, so they're custom-made to deliver the sleep you need.

When visitors walk into the showroom, they can browse and test many different kinds of top-quality brands and mattresses. The store's knowledgeable sales staff take the time to answer questions and help visitors find the perfect mattress and pillows.

The company does not stock a warehouse full of mattresses ready to be sold, so when-



ISTOCK

ever a customer orders, their mattress is made fresh for them right in Calgary.

"We are dedicated to ensuring our customers get a great night's sleep," says

Gouldsborough.

Simmons Mattress Gallery is located at 7145 11 Street SE in Calgary. Find the store online at agoodnightsleep.ca

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Homes in every quadrant

When the City of Calgary first launched its Attainable Homes initiative, it had a problem: it was perceived as too good to be true. A company that sells well-priced designer homes and throws in the down payment? Yeah, sure. Yet despite its built-in barrier of belief, this progressive non-profit has been steadily turning sceptical Calgary renters into wide-eyed homeowners for half a decade.

Now that Attainable Homes is more widely known, a new problem exists: keeping up. Whether browsing new inventory at [AttainYourHome.com](#) or attending info sessions at the company's downtown headquarters, more Calgarians are turning to Attainable Homes to finally break out of the rental rut. This surge in interest has prompted the small non-profit to find more



CONTRIBUTED

ways to meet demand.

"We're always looking for ways to help people move through our program and find the place that provides a real sense of home and accomplishment, and that looks

different for everyone," says Tara Cooney, Attainable Homes sales and marketing manager. "Expanding the number of locations we have and the types of properties we are selling is just one way we are trying

to meet the demands of an ever-increasing client base."

Striving for variety, this small not-for-profit offers everything from compact one- and two-bedroom condo units in trendy Renfrew, to three-bedroom townhomes with basement space that can be developed for even more living area.

"We hear from clients asking about more opportunities for ownership close to the core, and right now we can offer Renfrew, Mount Pleasant, Varsity, and Glenbrook, and soon, we'll have the opportunity for our clients to own two and three bedroom townhomes in Bowness," Cooney says. "Beyond that, we are also offering homes in Skyview Ranch, Evanston and Copperfield."

"To be able to offer so many alternatives and styles of homes is the added benefit of our customers being able to really hone in on the lifestyle aspect of choosing their home," Cooney says. "This is the biggest selection of styles and locations we have ever been able to offer."

To view floorplans and addresses for these homes, visit [attainyourhome.com/available-homes](#) or drop by one of two sales locations, 1010 6th Ave. SW at the west end of downtown, or our fully furnished show suite at #7103 – 302 Skyview Ranch Dr. NE. Check the website for opening hours.



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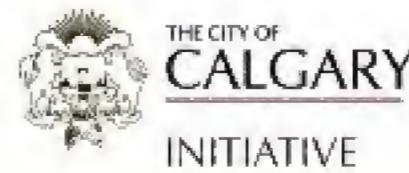
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For Sales Centre hours of operation,
photo galleries and more, visit
[AttainYourHome.com](#) today.



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Content Solutions

Four steps to getting your first mortgage

PRE-APPROVAL

Some tips to take the pain out of the process

Camilla Cornell

Getting pre-approval for a mortgage is the first step toward making your home-buying dream a reality. But it can be a daunting prospect, according to a 2015 survey by Ipsos Reid, which found 57 per cent of British Columbians would rather get a flu shot than shop for a mortgage.

Here's a step-by-step guide to take the pain out of the process.

Step 1 →

Know the difference between pre-qualifying and being pre-approved. If you're serious about buying, you need pre-approval, says Dilys Harrison, vice-president of community lending for Meridian Credit Union. Lenders will sometimes 'pre-qualify' you by offering a ballpark estimate of how much mortgage you can afford to take on.

But unless you actually provide financial information, you haven't been pre-approved. "Pre-approval gives you the peace of



Getting pre-approval for a mortgage is the first step toward making your home-buying dream a reality. iSTOCK

mind of knowing how much you can afford and what kind of rate you can get on a mortgage," she said.

Step 2 →

Get your paperwork in order. The lender will want to see photo

identification, as well as proof of income to ensure you can carry the mortgage. If you have a salaried job, you can bring a letter of employment, an income tax return or a recent pay stub, says Scott Westlake, a mortgage broker and founding partner of Denova Group.

But if you're self-employed the lender will ask for several years of income tax returns to get an idea of the fluctuations in your income. "And if you're reliant on bonuses or commission income, they'll want to see consistency," Westlake said.

As well, advises Harrison, tally

any assets, including your car, your RRSPs, TFSAs and other investments. Getting a donation from the bank of Mom and Dad? Don't forget to get a gift letter.

On the opposite side of the coin, you'll need a record of debts for student or car loans, or on credit cards. Lenders gener-

ally want to ensure basic housing costs and all other debts don't account for more than 40 per cent of your income, said Harrison.

Step 3 →

Be aware of your credit score. Your credit score measures your credit-worthiness based on your past dealings with lenders. It can range between 300 and 850, with higher scores indicating lower risk. "If you've got a credit score lower than 680, we start having some concerns," said Westlake. If you're at least aware of the issue, you can focus on making it better by paying down debt, cutting down on the number of credit cards you hold, making payments on time, and at least making minimum payments, he says. To get your credit score, contact Equifax (consumer.equifax.ca) or TransUnion (transunion.ca).

Step 4 →

Stress-test your mortgage. "Rates are very low right now and that's great."

"But it's always good to run some numbers and say, 'If rates went up by one per cent, would I still be able to afford this mortgage?'" She also suggests taking into account additional expenses, from closing costs to property tax, utilities and maintenance.



Even with record-low mortgage rates, assess the pros and cons of refinancing your mortgage before taking the leap. iSTOCK

Questions to ask before refinancing your home

With record-low mortgage rates, it's a good time to consider refinancing your mortgage, says Kim Gibbons, a mortgage broker with Mortgage Intelligence.

Gibbons recently had clients who increased their mortgage by \$85,000 to build on an extra room and update the home they purchased three years ago. The good news: while they had to pay just over \$3,000 in fees to break their current mortgage, the interest rate had dropped by 0.5 per cent, so their mortgage payment stayed almost the same.

People refinance their homes for many reasons, among them: funding renos or a down payment on another property, buying a spouse out of the marital home, paying a child's university bills, building a basement apartment and consolidating debt.

But before taking the leap, it pays to carefully assess the pros and cons, says Gibbons. Here are

three key things to consider:

What is the penalty?

You'll pay a penalty to the lender for ending the mortgage contract sooner than agreed. The amount can vary widely, but as a rule of thumb, banks have higher penalties than non-bank lenders," said Gibbons. Other variables include whether you have a fixed-rate or variable-rate mortgage, how much you still owe, the term remaining on your mortgage and the interest rate now compared to when you signed on.

With a variable-rate mortgage, for example, you typically pay three months' interest charges to break the contract, so it might cost you a few thousand dollars. At the other end of the spectrum — assuming you have a fixed-rate mortgage with a bank — you might well pay tens of thousands of dollars. "I help clients figure out if it's worth their

while to break the mortgage," said Gibbons.

What fees will I pay?

You'll need either a lawyer or a title transfer company to pay out the existing mortgage. "I typically guesstimate about \$800 to \$1,000 for that," said Gibbons. In addition, you'll pay a discharge fee from the current lender of anywhere between \$280 and \$370. Keep in mind that sometimes lenders have promotions to cover the cost of the title transfer costs and the discharge fees.

Am I getting a lower rate?

If you've got a really good interest rate and you're going to be moving to a higher rate, you may be better off to stay where you are.

"Five years ago, people were getting variable-rate mortgages at almost half a per cent lower than today," said Gibbons. Fixed-rate mortgages, on the other hand,

are at a record low. "I have clients that were at 3.09 per cent on a five-year fixed mortgage," she said. "And they're aiming for a 2.49 per cent rate."

Of course if you're refinancing to pay off credit card debt (with rates of nine per cent to 29 per cent), you may well benefit from even a slightly higher rate.

Will I qualify?

Especially if you're refinancing in order to pay off debt, the lender will want to be reassured you have the income, assets and credit history to be a good risk. So if you've lost your job, gone from full-time employment to a contract position, or torpedoed your credit score since you initially qualified, you probably don't want to break your current contract.

And keep in mind, "you can only refinance up to 80 per cent of the value of the home," said Gibbons. **CAMILLA CORNELL**





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Usage-based insurance (UBI) is now being offered by Alberta insurance carriers to participating drivers. iSTOCK

New auto insurance rolls out in Alberta

DRIVING

Usage-based program could lower premiums for some drivers

Michelle Williams

Vehicle technology has come far the past few years: think GPS navigation and hands-free calls. Now auto insurers are using telematics (the integration of telecommunications and information technology) to help good drivers lower their insurance premiums.

Usage-based insurance (UBI) lets auto insurers analyze the driving habits of their customers and reward them with rebates or lower premiums. It's already available in other countries, including the U.S., but UBI is relatively new in Canada. In Alberta, insurance carriers could start offering it to participating drivers this month.

How does it work?

"Insurance carriers will either supply drivers with a small device to plug into their car or drivers can download an app to their mobile phones," says Heather Mack, director of government relations for the Insurance Bureau of Canada. "It's important to understand that the data can only be used to reduce rates," she adds. "A driver cannot be penalized for not participating in the program or for their driving habits."

Program and rates

Programs and rates can vary by insurer, though they're closely regulated by the government of Alberta. "[Insurers] will only be allowed to use certain factors to determine if you're a safe driver — things like how you accelerate, how fast you go into turns, your average speeds,

how hard you brake, what times of day you drive and how many miles you put on your vehicle," says Mack. A single hard brake or fast turn won't affect your rate; the programs will instead be looking at patterns of behaviour. "You can log in and get regular feedback on your driving," she says, "and you don't have to worry about being penalized if you have some areas you need to improve."

Protecting your privacy

Protecting your privacy is key. Insurance companies can't track things like your car's GPS location, where you're driving and the types of roads you're on. "Companies want to know when you're driving — because certain periods of day or night are higher risk than others for accidents — but your privacy, in terms of where you are, is always

protected and no information will be shared," says Mack. In fact, all UBI programs will be subject to a privacy-impact assessment. "They must be airtight and will be subject to audit by the Privacy Commissioner of Alberta."

Giving you more options

Not every insurance company will be jumping on the usage-based insurance bandwagon, at least initially. "Companies that have offices in countries where UBI is established will already have the infrastructure, the experience and agreements with tech providers, so you may see them enter the market first," Mack says. "It gives people more options and more control over what they pay for their insurance."

Have teenagers at home?

UBI could also be useful to parents of teens who want to check how their new drivers are doing behind the wheel. "It rewards people for being good drivers and stimulates others to become better drivers."

It gives people more options and more control over what they pay for their insurance.

Heather Mack, Insurance Bureau of Canada

IS UBI RIGHT FOR YOU?

As usage-based insurance (UBI) rolls out across the province, it could become the next big thing for drivers looking to save on their premiums.

Here's what Heather Mack of the Insurance Bureau of Canada says you should ask your insurance provider to see if their UBI policy is right for you:

1. "What factors do you use to determine if I qualify as a safe driver?"

For example, one factor may be whether or not you drive frequently at night, as that's when more accidents happen.

2. "How are my savings calculated and how will I receive them?"

Some companies may offer a rebate at the end of the year, while others may calculate savings regularly and reduce your premiums.

3. "How will you track multiple drivers?"

This is important if you have others, like teenage children, sharing your vehicle.

4. "How will I get feedback on my driving?"

Find out where you can log in to see how you're doing.

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metro SPORTS

"I'm 0-2 in that regard and so I think I'll stay away": Raptors GM Masai Ujiri has no profanity-laced rant planned to start this year's post-season



Lightning strike first

NHL PLAYOFFS

Killorn scores winning goal midway into third period

Nikita Kucherov scored twice and Alex Killorn snapped a third-period tie with his 11th career playoff goal, giving the Tampa Bay Lightning a 3-2 victory over the Detroit Red Wings in Game 1 of their first-round series Wednesday night.

GAME 1 In Tampa, Fla.



Ben Bishop had 34 saves for the defending Eastern Conference champions, who got the winner from Killorn less than two minutes after a potential go-ahead goal was waived off when Detroit coach Jeff Blashill successfully challenged that Tampa Bay should have been called for offsides before Victor Hedman scored.

Tyler Johnson picked up a loose puck along the boards and fed Killorn, who slipped the puck past Jimmy Howard at 8:52 of the third.

Kucherov scored in the first



Lightning defenceman Braydon Coburn grounds Red Wings forward Dylan Larkin in Tampa, Fla., on Wednesday night.

MIKE CARLSON/GETTY IMAGES

and second periods and also assisted on the winner.

Mike Green and Justin Abdelkader scored for Detroit, which outshot the Lightning 36-34 but had few real scoring opportunities after taking a 2-1 lead in the second period.

Bishop, who led the NHL

in goals-against average and was second in save percentage, stopped five shots in the final 1:07 to seal the victory.

Game 2 of the best-of-seven series is Friday night at Amalie Arena.

This is the second straight season Detroit and Tampa

Bay have met in the opening round. The Lightning advanced in seven games in launching a run to their second Stanley Cup final appearance, and it doesn't figure to be any easier this year with leading goal scorer Steven Stamkos and defenseman Anton Stralman

out with injuries.

The teams split four meetings during the regular season, each winning twice at home.

THE ASSOCIATED PRESS

Go to [metronews.ca](#) for more NHL playoff coverage

THE ASSOCIATED PRESS

CURLING

Koe still in world championship form



Kevin Koe THE ASSOCIATED PRESS

World champion Kevin Koe is one of four curlers to start off the Grand Slam of Curling Players' Championship with a perfect 2-0 record.

His Calgary rink beat Charley Thomas 6-4 in Draw 3 before downing Glenn Howard by an identical score in Draw 5 later Wednesday night.

Joining Koe atop the Pool A standings is Brad Jacobs.

Jacobs, of Sault Ste. Marie, Ont., picked up his second win of the tournament when he beat

Winnipeg's Reid Carruthers 6-2 in Draw 5.

Brad Gushue and Steve Laycock are tied for first in Pool B with 2-0 records.

THE CANADIAN PRESS

IN BRIEF

Barça bounced out of Europe

Lionel Messi, Luis Suarez and Neymar all failed to deliver as holder Barcelona was dumped out of the Champions League quarterfinals on Wednesday in a stunning 2-0 defeat by Spanish rival Atletico Madrid.

Barça's star trio was kept in check by tough defending from the home side, and France's Antoine Griezmann scored a goal in each half as Atletico overturned a 2-1 loss at Camp Nou in last week's first leg to win 3-2 on aggregate. THE ASSOCIATED PRESS

Regular-season finale

Go to [metronews.ca](#) for coverage of the dramatic final night of the NBA regular season.



Kobe Bryant
GETTY IMAGES

CANADIAN OLYMPIC COMMITTEE

Clash with exec led to Brassard quitting

Former freestyle skier Jean-Luc Brassard resigned as chef de mission for Canada's 2016 Olympic team because he felt he no longer had the full support of the Canadian Olympic Committee.

A COC statement on Monday cited "personal and professional" reasons for his resignation.

The Olympic champion had questioned the committee's slow handling of the sexual harassment allegations that led to the resignation of former COC president Marcel Aubut

in October.

He said his concerns about the case caused friction with some committee members, including what he called a personality conflict with a leading executive, whom he did not name.

"These are not bad people, but we had insurmountable differences," said Brassard.

Former Olympic cyclist Curt Harnett became the new chef de mission with ex-Olympians Isabelle Charest and Carol Huynh as assistants. THE CANADIAN PRESS

RECIPE Sweet Pea and White Fish Chowder


Ceri Marsh & Laura Keogh
For Metro Canada

A lovely and light chowder that will make you think you've traveled to some sleepy fishing town filled with character.

Ready in

Prep time: 15 minutes
Cook time: 25 minutes

Ingredients

- 1 tbsp olive oil
- 1/2 onion, finely chopped
- 1/4 cup diced pancetta
- 2 1/2 cups mini white potatoes, quartered
- 1 cup stock
- 3 cups milk
- 1 cup peas
- 250 g skinless, boneless white fish, chopped into chunks
- 1 cup peas
- 2 tbsp fresh chopped dill
- salt and pepper

Directions

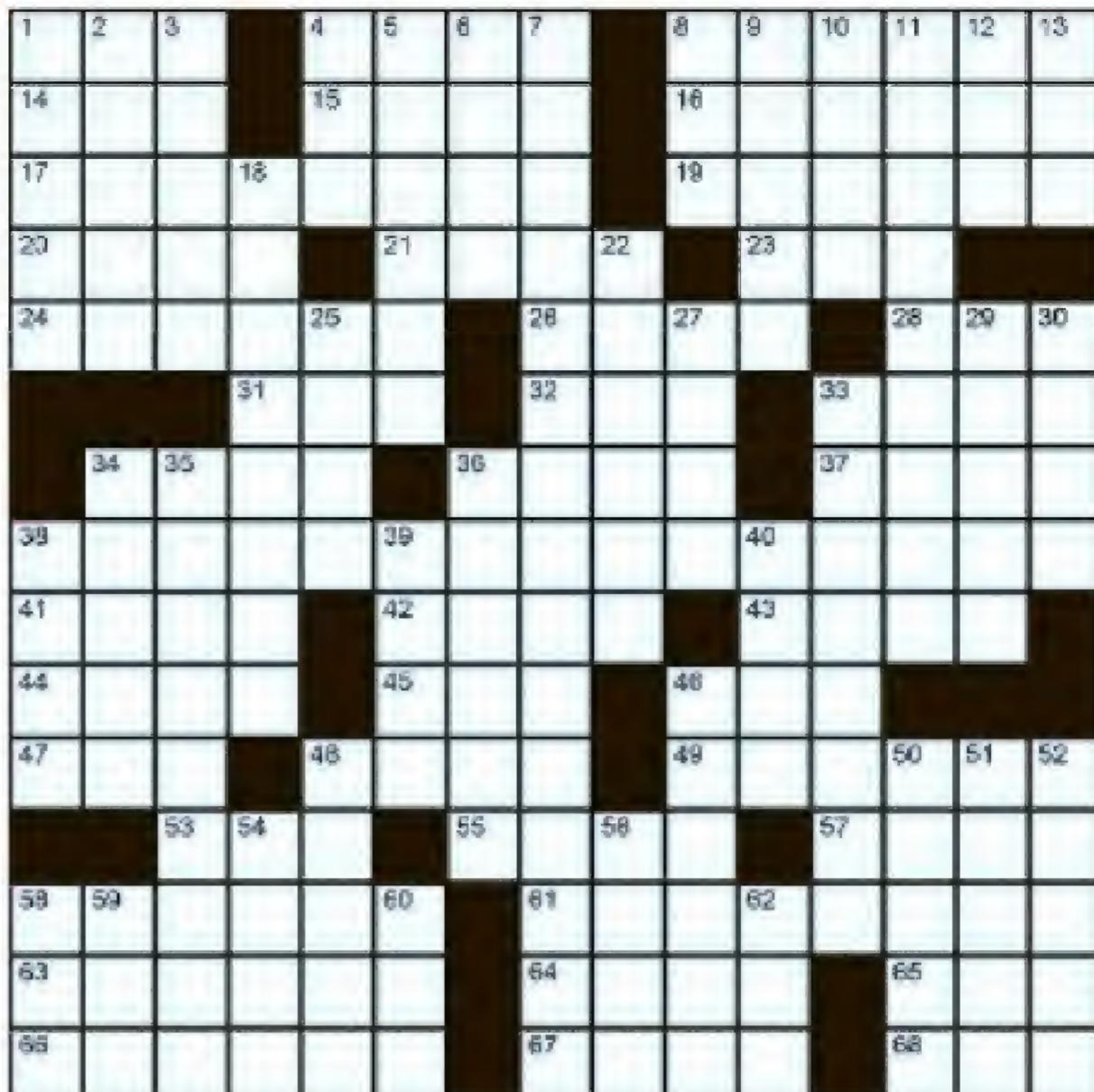
1. Heat oil in a saucepan, add onions and pancetta and cook until onions are softened and pancetta is browned.
2. Add the potatoes and cook for 2 to 3 minutes. Pour in stock, cover and simmer for 12-15 mins or until the potatoes are tender.
3. With a slotted spoon, remove half the potatoes from the stock and set aside. Transfer the remaining potatoes, stock into a blender or food processor, add the milk and whizz until smooth.
4. Pour mixture back into the pan, add the peas, fish and reserved potatoes. Cover and gently heat for 3-4 mins until the fish is just cooked through — don't boil. Stir in dill then season to taste.

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CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS

1. Wooden wedge
5. Sea lettuce
9. "What am I, chopped __?"
14. Verdi opera
15. Sci. class
16. Dispatch boat
17. Ringing reverberation
18. Mini medians
19. Biker role in #61-Across
20. 11:00pm, for instance: 2 wds.
23. Social pages word
24. Fab Four, for one
27. Canada__ (CBC's annual books competition)
29. Regular
30. Woodstock salutes
33. Of the body's major artery
35. Rules of conduct
39. Shiba __ (Dog breed of Japan)
40. Pamplona's locale in northern Spain
42. Muesli tidbit
43. Drop in rank
45. Sacred place
47. Gilligan's boat, S.S. __
49. Ancient Greek colony
50. Joe of "JFK" (1991)
52. The __ (Novel by #9-Down which is the 2016 winner of #27-Across)
54. Abitibi article
55. 1934: Montreal Neurological Institute founder, Dr. Wilder __
- (b.1891 - d.1976)
58. Express
60. Sports car, __ Romeo
61. __ Rider" (1969)
65. Latin for "I believe"
66. Enter: 2 wds.
67. __ & The Bunny-men
68. Russian ballerina company
69. Hobbyist's purchases
70. Actor, Oliver __



3. US 'Gem State', briefly
4. Shopping centre regular's nickname
5. Decrease
6. It keeps a censor ready with the bleep button: 2 wds.
7. Van __ Vincent
8. Besides

9. Newmarket, Ontario born author (More at #27-Across and #52-Across): 2 wds.
10. Climber of the quince
11. Choice dish
12. Rob of "90210"
13. Automatic
21. Nfld., for one:

- 2 wds.
22. Cheering-on people
24. Randy of "The Apprenticeship of Duddy Kravitz" (1974)
25. "Can you give __ moment, please?" (Making-a-decision couple's request)
26. Latin for 'gold'
28. Peer Gynt's mother
31. Actors Joe or Vincent
32. Odd, briefly
34. Ms. Kazan of "My Big Fat Greek Wedding 2" (2016)
36. Fist, in France
37. Actress Ms. Raymonde
38. Bargain
41. __ Ryan's Express" (1965) starring Frank Sinatra
44. Mantric syllables
46. Antlered creature of European woodlands: 2 wds.
48. Nintendo's getting-in-shape offering. __ Plus
50. Science dish
51. 'Poly' add-on (Synthetic fabric)
53. Angles
54. Good fortune
56. Harps
57. Sight-of-ice in The Arctic
59. Japan's capital's old name
62. Expert
63. __ Devil" (1969)
64. Greeted, Rocky-style

*** IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an excellent day for business and commerce. Look for ways to boost your income or to improve your job, because you have the edge!

Taurus April 21 - May 21
Mercury is in your sign today, dancing with lucky, moneybags Jupiter. This is a great day for business and financial conversations, because you believe in yourself!

Gemini May 22 - June 21
Your confidence is strong today, which is why you are willing to explore new ideas and listen to what others have to say. Behind-the-scenes news might benefit your home scene.

Cancer June 22 - July 23
This is a wonderful day to schmooze with others! It's also an excellent day for classes, meetings and conferences. Everybody wants to talk and get into the act!

Leo July 24 - Aug. 23
This is a great day to make plans for the future, especially by creating organizational systems. Business and commercial activities are favored. Ask the boss for what you want!

Virgo Aug. 24 - Sept. 23
You will enjoy the study of philosophy, law and medicine today, because you are hungry to expand your mind. This is also a great day to make travel plans for the future.

Libra Sept. 24 - Oct. 23
You couldn't pick a better day for discussions about inheritances, taxes, debt and shared property. All parties involved will be fair-minded and generous to each other.

Scorpio Oct. 24 - Nov. 22
You will enjoy sitting down with a partner or close friend to discuss practically anything today, because you are in such a positive frame of mind. This is a great day to deal with groups.

Sagittarius Nov. 23 - Dec. 21
Co-workers are supportive today. In fact, you will enjoy almost anything that you do at work today, because you feel happy and hopeful.

Capricorn Dec. 22 - Jan. 20
Social diversions, the arts, movies, sports events and playful activities with children are wonderful choices for you today. You feel happy, upbeat and ready to enjoy life!

Aquarius Jan. 21 - Feb. 19
Family discussions will go well today. In particular, this is a good day to tackle big projects that entail repairs and improvements to where you live.

Pisces
Feb. 20 - March 20
You understand the Power of Attraction. You also understand that thoughts manifest into reality. Today your positive frame of mind makes you happy.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	7	3	5	
8	2			
5	4	9		7
5	6		2	3
7				6
8	3		7	4
2	8	1		9
		5	8	
9	4	6		

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EACH**

COPPER MOON
CABERNET SAUVIGNON
& PINOT GRIGIO



750ml
**6⁹⁹
EACH**

SAWMILL
CREEK
MERLOT &
CHARDONNAY



750ml
**5⁹⁹
EACH**

MOLSON
CANADIAN

with STANLEY
CUP RING
INSIDE!
24-Pack
Cans



38⁹⁹

KOKANEE



24-Pack
Cans

38⁹⁹

KEYSTONE
LAGER
& LIGHT



15-Pack
Cans

**17⁹⁹
EACH**

OLD
MILWAUKEE



15-Pack
Cans

16⁹⁹

MONDAY TO SATURDAY
10:00 AM - 10:00PM

SUNDAY & HOLIDAYS
10:00 AM - 7:00PM

OLYMPIALIQUOR.CA

We reserve the right to limit quantities, while supplies last. Products may not be exactly as illustrated. Prices do not include GST & Bottle deposit.



CHINOOK	MIDNAPORE	WESTGATE	EVERGREEN	CENTRE NORTH	BEACON HEIGHTS	MACLEOD TR.	CREEKSIDER	MARLBOROUGH	46 AVENUE	ROYAL OAK
20 - 6624 Centre St. NE 15116 Barnster Rd. SE	3708 17 Ave SW	302 - 2250 162 Ave SW	1915 Centre St. NW 260 - 12024 50th St. NW	107 - 9950 Macleod Tr. SE	12290 Symons Valley Rd. NW	114 - 438 36 St. NE	4014 - Mackay Tr. SW	240 - 600 Royal Oak Dr. NW		
Ph. 403.259.5906 Fx. 403.259.5602	Ph. 403.254.6666 Fx. 403.201.4989	Ph. 403.685.1114 Fx. 403.685.1130	Ph. 403.673.5076 Fx. 403.673.5078	Ph. 403.452.7300 Fx. 403.452.7305	Ph. 403.265.1331 Fx. 403.265.1332	Ph. 403.290.0362 Fx. 403.290.0363	Ph. 403.263.9938 Fx. 403.273.9939	Ph. 587.470.9811 Fx. 587.470.9822	Ph. 403.245.6527 Fx. 403.245.6529	Ph. 403.375.8222 Fx. 403.375.8223